

# Jewish Rye Bread

Yield: 20 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/norwegian-rye-bread-recipe>

## Ingredients:

- 1 1/2 tablespoons active dry yeast
- 1 1/2 cups warm water 110 degrees F
- 2 cups flour first clear
- 1 1/2 cups rye flour
- 1 1/2 cups rye Sour Starter
- 1 1/2 tablespoons salt
- 2 1/2 tablespoons caraway seeds optional, use more or less if you'd like

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 26 grams
3. Fat: 0.5 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. Sodium: 530 milligrams

---

Thank you for visiting our website. Hope you enjoy Jewish Rye Bread above. You can see more 17 norwegian rye bread recipe Savor the mouthwatering goodness! to get more great cooking ideas.