

Limpa (Swedish Rye Bread)

Yield: 30 min
Total Time: 240 min

Recipe from: <https://www.recipeschoose.com/recipes/best-swedish-limpa-bread-recipe>

Ingredients:

- 3 cups water
- 1 cup brewed coffee strong
- 1 cup sugar
- 1 1/2 tablespoons caraway seeds
- 2 teaspoons fennel seeds
- 2 tablespoons butter
- 2 teaspoons grated orange rind
- 4 teaspoons active dry yeast
- 6 cups all purpose flour
- 2 cups whole wheat flour
- 2 cups rye flour
- 2 teaspoons salt

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. Sodium: 170 milligrams
8. Sugar: 7 grams

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