

Swedish Rye Bread

Yield: 20 min
Total Time: 300 min

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

Ingredients:

- 1 3/4 cups warm water 105F to 115F
- 1 tablespoon active dry yeast
- 1 pinch light brown sugar
- 1/4 cup molasses unsulfured
- 1/4 cup dark brown sugar or light, packed
- 2 tablespoons unsalted butter melted + more for brushing
- 1 tablespoon kosher salt
- 2 teaspoons caraway seeds
- 1 lemon large, or orange
- 2 1/2 cups medium rye flour
- 2 1/2 cups unbleached all purpose flour

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 360 milligrams
9. Sugar: 5 grams

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