

Real NY Jewish Rye Bread

Yield: 14 min
Total Time: 205 min

Recipe from: <https://www.recipeschoose.com/recipes/jewish-rye-bread-recipe-with-pickle-juice>

Ingredients:

- 2 cups bread flour unbleached, such as King Arthur®
- 1 cup dark rye flour
- 3 tablespoons potato flakes
- 2 tablespoons caraway seeds
- 1 1/2 tablespoons demerara sugar
- 2 1/2 teaspoons instant yeast
- 1 1/2 teaspoons sea salt
- 1 cup warm water
- 1/4 cup canola oil
- 1/4 cup pickle juice sour

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 28 grams
3. Fat: 4.5 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. Sodium: 260 milligrams
7. Sugar: 6 grams

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