

Polish Buttermilk Rye Bread

Yield: 20 min
Total Time: 85 min

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

Ingredients:

- 1 cup water lukewarm
- 1 teaspoon sugar
- 1 tablespoon instant yeast not rapid rise
- 1 1/2 cups buttermilk at room temperature
- 1/4 cup butter melted
- 2 teaspoons salt
- 2 cups rye flour
- 6 cups all purpose flour

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 10 milligrams
4. Fat: 3.5 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 270 milligrams
9. Sugar: 1 grams

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