

# Knäckebröd (Swedish Rye Crispbread)

Yield: 30 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-crispbread-recipe>

## Ingredients:

- 1 tablespoon dried yeast
- 1 cup lukewarm water
- 1 tablespoon honey
- 1 teaspoon salt
- 1 cup plain flour
- 3 15/16 cups rye flour

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 14 grams
3. Fiber: 2 grams
4. Protein: 2 grams
5. Sodium: 80 milligrams
6. Sugar: 1 grams

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