

Swedish Caraway Rye Crisps

Yield: 30 min
Total Time: 80 min

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

Ingredients:

- 1 cup dark rye flour
- 1 cup unbleached all-purpose flour plus more for rolling
- 1 teaspoon baking powder
- 1 teaspoon fine sea salt
- 1/2 teaspoon ground caraway seeds
- 2 tablespoons unsalted butter chilled, cut into 1/4-inch cubes
- 1/2 cup whole milk
- 1 tablespoon molasses
- 1 egg beaten with 1 tablespoon water
- 2 teaspoons caraway seeds

Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 10 milligrams
4. Fat: 1 grams
5. Fiber: 1 grams
6. Protein: 1 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 100 milligrams
9. Sugar: 1 grams

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