

# Onion and Swiss Rye Bread

Yield: 4 min  
Total Time: 105 min

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

## Ingredients:

- 1 cup warm water
- 2 1/4 teaspoons instant yeast
- 1 tablespoon sugar
- 1 cup medium rye flour
- 2 cups bread flour
- 1 cup shredded swiss cheese
- 1/2 cup onions caramelized
- 2 tablespoons unsalted butter at room temperature
- 1 teaspoon salt
- olive oil
- flour Extra, for dusting

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 82 grams
3. Cholesterol: 40 milligrams
4. Fat: 20 grams
5. Fiber: 5 grams
6. Protein: 20 grams
7. SaturatedFat: 9 grams
8. Sodium: 650 milligrams
9. Sugar: 4 grams

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