



RYE FLOUR BLEND

Our blend of white and medium rye flours, pumpernickel, and unbleached bread flour produces a rye loaf that's full of flavor and lighter in texture.

© NET WT 48 OZ (3 LBS) 1.36kg

LIGHT RYE BREAD

2 cups Rye Flour Blend
1 3/4 cups King Arthur
Unbleached All-Purpose Flour
2 tablespoons potato flour or 3
tablespoons instant potato flakes
1/4 cup nonfat dry milk

2 teaspoons instant yeast
2 teaspoons salt
1 1/2 teaspoons Deli Rye Flavor, optional
1 tablespoon caraway seeds, optional
2 tablespoons vegetable oil or butter
1 1/2 cups lukewarm water

Nutrition Facts

Serving Size about 1/4 cup (30g)
Servings Per Container about 45

Amount Per Serving

Calories 110 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 23g **8%**

Dietary Fiber 3g **12%**

Sugars 0g

Protein 2g

Vitamin A 0% • **Vitamin C** 0%

Calcium 0% • **Iron** 4%

Thiamin 6% • **Riboflavin** 4%

Niacin 4% • **Folic Acid** 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Whisk together dry ingredients, then add oil and water. Stir together, and allow to rest for 10 minutes. Turn mixture onto a lightly oiled work surface, and knead to form slightly sticky dough; dough will feel stiff and heavy. Try not to add extra flour while kneading, as it will make the bread dry. Place dough in lightly greased bowl, cover, and let rise for 1 1/2 hours.

Turn dough onto a lightly floured surface. Gently deflate and shape into a loaf. Place in a 9" x 5" loaf pan. Cover and let rise for 45 minutes, until increased in size by one third. For a shiny crust, spritz lightly with water or oil.

Bake bread in preheated 375°F oven for 35 to 40 minutes, until interior temperature is between 190°F and 200°F. Remove from pan, and let cool for 1 hour before slicing. Rye bread will be easiest to slice, and have its fullest flavor, after resting for several hours.

Yield: 1 loaf.

Store cool and dry.

Produced on equipment that also processes eggs, milk, soy, almonds, hazelnuts, pecans, walnuts, and coconut.

Do not eat flour, dough or batter.

INGREDIENTS: KING ARTHUR UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), ORGANIC WHOLE RYE FLOUR, WHITE RYE FLOUR, MEDIUM RYE FLOUR.
CONTAINS: WHEAT.

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