

Norwegian Rye Bread

Cheat Mountain Club - Durbin, WV
The Great Country Inns of America Cookbook (2nd ed) (1992)

Yield: 2 loaves

2 packages active dry yeast
1 cup warm water
1 cup + 2-1/2 cups white flour
1 teaspoon sugar
3 tablespoons caraway seeds
1 tablespoon fennel seed
1 cup warm water
1 1/2 cups rye flour
2/3 cup brown sugar
3 1/2 tablespoons molasses
3 tablespoons butter, melted
1 tablespoon grated orange rind
1 teaspoon salt
1 teaspoon vinegar

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Preheat the oven to 350 degrees.

Soften the yeast in the warm water. In a bowl, combine one cup of the white flour and the sugar. Combine with the yeast mixture. Let stand for 5 minutes.

Add the remaining 2-1/2 cups of white flour, caraway seed, fennel seed, one cup of water, rye flour, brown sugar, molasses, butter, orange rind, salt and vinegar. Knead for 15 to 20 minutes on a floured surface.

Place the dough in a greased bowl and let rise to double in bulk (one hour). Knead for 10 minutes. Divide the dough in half and place in two loaf pans to rise again.

Bake for 25 to 30 minutes.

Per Serving (excluding unknown items): 2003 Calories; 43g Fat (18.7% calories from fat); 38g Protein; 381g Carbohydrate; 24g Dietary Fiber; 93mg Cholesterol; 2584mg Sodium. Exchanges: 14 1/2 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 8 Fat; 9 1/2 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	2003	Vitamin B6 (mg):	1.2mg
% Calories from Fat:	18.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	73.9%	Thiamin B1 (mg):	1.9mg
% Calories from Protein:	7.4%	Riboflavin B2 (mg):	1.6mg
Total Fat (g):	43g	Folacin (mcg):	395mcg

Saturated Fat (g): 22g
Monounsaturated Fat (g): 13g
Polyunsaturated Fat (g): 4g
Cholesterol (mg): 93mg
Carbohydrate (g): 381g
Dietary Fiber (g): 24g
Protein (g): 38g
Sodium (mg): 2584mg
Potassium (mg): 2714mg
Calcium (mg): 544mg
Iron (mg): 21mg
Zinc (mg): 7mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 1407IU
Vitamin A (r.e.): 335RE

Niacin (mg): 16mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 14 1/2
Lean Meat: 1/2
Vegetable: 2
Fruit: 0
Non-Fat Milk: 0
Fat: 8
Other Carbohydrates: 9 1/2

Nutrition Facts

Amount Per Serving

Calories 2003 **Calories from Fat:** 375

% Daily Values*

Total Fat 43g	66%
Saturated Fat 22g	111%
Cholesterol 93mg	31%
Sodium 2584mg	108%
Total Carbohydrates 381g	127%
Dietary Fiber 24g	94%
Protein 38g	
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Vitamin A	28%
Vitamin C	23%
Calcium	54%
Iron	117%

* Percent Daily Values are based on a 2000 calorie diet.