

DELI-STYLE  
**Rye**  
FLOUR BLEND

**FOR THE FULL TASTE OF CLASSIC RYE BREAD**



100188F02D

Ⓢ NET WT 48 OZ (3 LBS) 1.36kg

210553

# Light Rye Bread

- 2 cups (212g) King Arthur Rye Flour Blend
- 1 3/4 cups (210g) King Arthur Unbleached All-Purpose Flour
- 2 tablespoons (23g) potato flour  
or 3 tablespoons (16g) potato flakes
- 1/4 cup (21g) nonfat dry milk
- 2 teaspoons instant yeast
- 2 teaspoons salt
- 1 tablespoon caraway seeds (optional)
- 2 tablespoons (25g) vegetable oil or (28g) butter
- 1 1/2 cups (340g) lukewarm water

Whisk dry ingredients, then add oil or butter and water. Cover and let rest 15 minutes. Turn out onto lightly greased surface and knead to form stiff, sticky dough. Avoid adding extra flour, which will make bread dry. Place in greased bowl. Cover and let rise 1 1/2 hours.

Gently deflate dough and shape into log. Place in greased 9" x 5" loaf pan. Cover and let rise 45 minutes, until increased in size by 1/3. Spritz lightly with water or oil for shiny crust.

Bake in preheated 375°F oven 35 to 40 minutes, until golden brown and digital thermometer inserted into center reads 190°F to 200°F. Cool completely on rack.

**Yield:** 1 loaf.

## Nutrition Facts

about 45 servings per container  
**Serving size** 1/4 cup (30g)

**Amount per serving**  
**Calories** **100**

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 22g **8%**

Dietary Fiber 3g **11%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 0.7mg **4%**

Potassium 110mg **2%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** KING ARTHUR UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR), ORGANIC WHOLE RYE FLOUR, WHITE RYE FLOUR, MEDIUM RYE FLOUR.

**CONTAINS:** WHEAT.

KING ARTHUR BAKING COMPANY, INC.  
NORWICH, VERMONT 05055  
800-827-6836 | [KingArthurBaking.com](http://KingArthurBaking.com)

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

Store cool and dry.

**DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.**

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