



Bread Baked with Honey and Cream

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



155 kcal

Ingredients

- ☐ 9 inch round loaf country bread fresh (at least 3 inches high; preferably sourdough)
- ☐ 1 cup crème fraîche
- ☐ 0.5 cup mild honey
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 2 tablespoons butter unsalted softened well

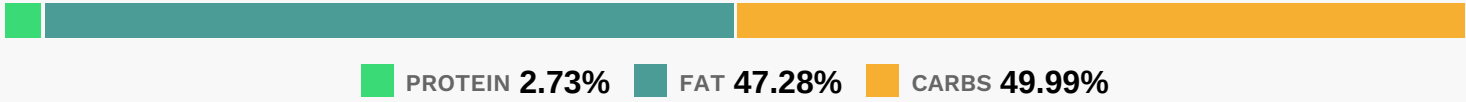
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F.
- ☐ Cut off top and bottom crusts from bread loaf, leaving a 9- by 2-inch thick round with crusts on sides. Butter cut sides of bread and transfer to a shallow baking pan.
- ☐ Bake in middle of oven, turning over once, until lightly toasted, about 20 minutes.
- ☐ Stir together honey and lemon juice, then spread on top of hot bread.
- ☐ Spread evenly with crème fraîche, then let stand 10 minutes.
- ☐ Bake in middle of oven until golden, about 20 minutes.
- ☐ Serve hot or warm, cut into wedges.

Nutrition Facts



Properties

Glycemic Index:13.87, Glycemic Load:9.83, Inflammation Score:-2, Nutrition Score:1.705217393844%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 154.88kcal (7.74%), Fat: 8.55g (13.16%), Saturated Fat: 4.72g (29.52%), Carbohydrates: 20.34g (6.78%), Net Carbohydrates: 20.18g (7.34%), Sugar: 18.61g (20.68%), Cholesterol: 24.49mg (8.16%), Sodium: 23.69mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Vitamin A: 266.8IU (5.34%), Vitamin B2: 0.07mg (3.83%), Calcium: 34.89mg (3.49%), Selenium: 2.09µg (2.99%), Phosphorus: 27.45mg (2.74%), Manganese: 0.05mg (2.73%), Vitamin C: 1.46mg (1.77%), Potassium: 54.72mg (1.56%), Vitamin B5: 0.14mg (1.42%), Vitamin E: 0.2mg (1.33%), Folate: 5.25µg (1.31%), Vitamin B1: 0.02mg (1.22%), Iron: 0.21mg (1.19%), Magnesium: 4.71mg (1.18%), Zinc: 0.18mg (1.17%), Vitamin B12: 0.07µg (1.11%), Vitamin B3: 0.22mg (1.08%), Vitamin B6: 0.02mg (1.07%)