



Butter Honey Wheat Bread

READY IN



185 min.

SERVINGS



36

CALORIES



46 kcal

BREAD

Ingredients

- 0.3 ounce active yeast dry
- 2 cups bread flour
- 2 tablespoons honey
- 2 tablespoons butter
- 0.3 cup milk powder dry
- 1 teaspoon salt
- 1 cup water
- 0.5 cup flour whole wheat

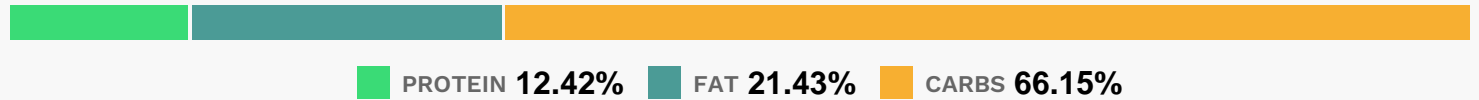
Equipment

bread machine

Directions

Put ingredients into bread machine in the order suggested by the manufacturer. Process for large (1-1/2 pound) loaf, wheat setting.

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:3.97, Inflammation Score:-1, Nutrition Score:1.5082608480816%

Nutrients (% of daily need)

Calories: 46.39kcal (2.32%), Fat: 1.11g (1.71%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 7.34g (2.67%), Sugar: 1.44g (1.6%), Cholesterol: 1.15mg (0.38%), Sodium: 76.98mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.91%), Manganese: 0.13mg (6.25%), Selenium: 4.01µg (5.72%), Vitamin B1: 0.04mg (2.6%), Phosphorus: 23.36mg (2.34%), Folate: 8.1µg (2.03%), Vitamin B2: 0.03mg (1.75%), Fiber: 0.4g (1.6%), Magnesium: 5.25mg (1.31%), Calcium: 13.02mg (1.3%), Vitamin B3: 0.24mg (1.2%), Copper: 0.02mg (1.14%), Zinc: 0.16mg (1.07%)