

Buttermilk Honey Wheat Bread

 Vegetarian

READY IN



185 min.

SERVINGS



8

CALORIES



242 kcal

BREAD

Ingredients

- 2.5 teaspoons yeast dry
- 0.5 teaspoon baking soda
- 1.5 cups buttermilk at room temperature
- 2 cups flour all-purpose
- 3 tablespoons honey
- 1 teaspoon salt
- 1.5 tablespoons vegetable oil
- 1 cup flour whole wheat

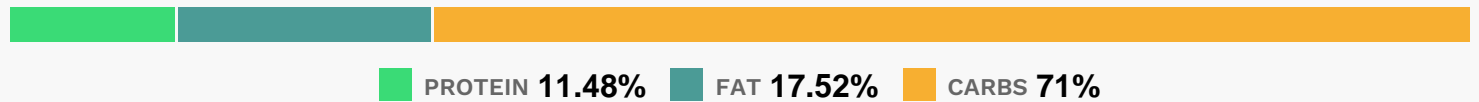
Equipment

- frying pan
- oven
- loaf pan
- bread machine

Directions

- Combine the yeast, whole wheat flour, all purpose flour, baking soda, salt, honey, oil, and buttermilk into pan of a bread machine.
- If baking in bread machine use medium temperature setting.
- If baking in an oven, use manual or dough cycle to knead dough.
- Remove from bread maker, and place in a greased loaf pan.
- Let rise until doubled in size.
- Bake in a preheated 350 degree F (175 degree C) oven for 25 minutes, or until bottom of loaf sounds hollow when tapped.

Nutrition Facts



Properties

Glycemic Index:19.78, Glycemic Load:21.32, Inflammation Score:-5, Nutrition Score:10.924782464848%

Nutrients (% of daily need)

Calories: 242.29kcal (12.11%), Fat: 4.79g (7.38%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 43.73g (14.58%), Net Carbohydrates: 41g (14.91%), Sugar: 8.81g (9.79%), Cholesterol: 4.95mg (1.65%), Sodium: 408.07mg (17.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.14%), Manganese: 0.84mg (41.75%), Selenium: 21.67µg (30.96%), Vitamin B1: 0.45mg (29.91%), Folate: 88.94µg (22.24%), Vitamin B2: 0.3mg (17.55%), Vitamin B3: 3.03mg (15.15%), Phosphorus: 132.06mg (13.21%), Iron: 2.06mg (11.45%), Fiber: 2.73g (10.9%), Magnesium: 32.62mg (8.15%), Calcium: 62.48mg (6.25%), Copper: 0.13mg (6.25%), Zinc: 0.88mg (5.83%), Vitamin B6: 0.11mg (5.37%), Vitamin B5: 0.53mg (5.35%), Vitamin K: 5.21µg (4.96%), Potassium: 162.08mg (4.63%), Vitamin D: 0.58µg (3.9%), Vitamin B12: 0.21µg (3.46%), Vitamin E: 0.37mg (2.44%), Vitamin A: 75.6IU (1.51%)