



Easy-bake bread



Vegetarian



Dairy Free

READY IN



185 min.

SERVINGS



8

CALORIES



267 kcal

Ingredients

- ☐ 500 g bread flour
- ☐ 7 g yeast dried
- ☐ 1 tsp salt
- ☐ 300 ml water
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 1 tbsp honey

Equipment

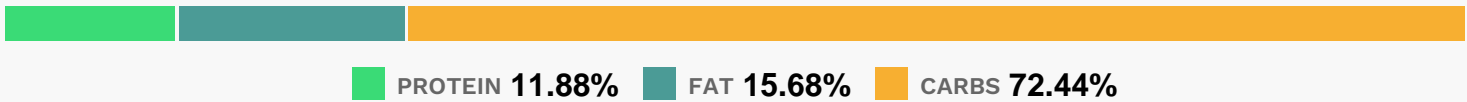
- ☐ bowl
- ☐ oven

- ☐ knife
- ☐ wooden spoon

Directions

- ☐ Tip the flour into a bowl and mix in the yeast with the salt. Stir in the water, oil and honey. Now bring together to make a soft dough I use my hands, but a wooden spoon or knife from the cutlery drawer is fine. Tip onto a lightly floured surface and knead for 10 mins. It is worth putting in the time to do this as it will pay off later with lovely airy bread.
- ☐ Dont keep adding flour, a wet dough is better than a dry one, which will bake to a tough texture, so if you dont like the dough sticking to your hands, lightly oil them. If you are adding flavourings, knead them in gently now.
- ☐ Turn the dough into an oiled 1kg bread tin and cover with oiled cling film (or better still, a free unused shower cap from your last hotel stay!). Put in a warm place until the bread fills the tin, it should take between 1-2 hrs.
- ☐ Uncover and bake your bread at 200C/180C fan/gas 6 for 30-35 mins until golden. Tip out of the tin and tap the base of the loaf. It should sound hollow when fully cooked. If not cooked, put loaf back in the oven out of the tin and test again after 10 mins. Cool.

Nutrition Facts



Properties

Glycemic Index:14.91, Glycemic Load:30.49, Inflammation Score:-2, Nutrition Score:6.1669566500122%

Nutrients (% of daily need)

Calories: 267.39kcal (13.37%), Fat: 4.6g (7.08%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 47.85g (15.95%), Net Carbohydrates: 46.11g (16.77%), Sugar: 2.35g (2.61%), Cholesterol: 0mg (0%), Sodium: 294.36mg (12.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.85g (15.7%), Selenium: 24.9µg (35.58%), Manganese: 0.5mg (25.03%), Vitamin E: 1.69mg (11.25%), Folate: 41.15µg (10.29%), Vitamin B1: 0.15mg (9.75%), Fiber: 1.74g (6.96%), Phosphorus: 66.3mg (6.63%), Copper: 0.12mg (6.24%), Vitamin B3: 0.98mg (4.9%), Vitamin B2: 0.07mg (4.32%), Magnesium: 16.53mg (4.13%), Zinc: 0.61mg (4.07%), Vitamin B5: 0.39mg (3.94%), Iron: 0.6mg (3.31%), Potassium: 72.28mg (2.07%), Vitamin B6: 0.04mg (1.84%), Calcium: 11.1mg (1.11%)