

Eucharistic Bread

 Dairy Free

READY IN



60 min.

SERVINGS



48

CALORIES



45 kcal

BREAD

Ingredients

- 1 teaspoon baking soda
- 0.3 cup brown sugar
- 3 cups flour all-purpose
- 2 tablespoons honey
- 0.5 tablespoon salt
- 0.3 cup shortening
- 1 cup water

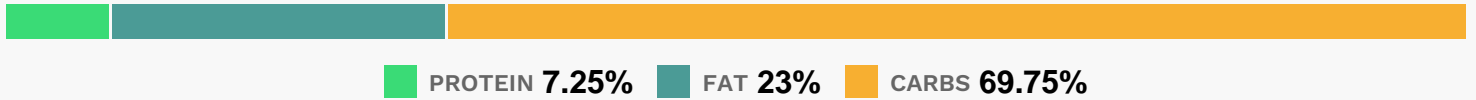
Equipment

- baking sheet
- oven
- mixing bowl

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease two baking sheets.
- In a large mixing bowl, combine flour, sugar, salt and baking soda. Stir in honey, shortening and water.
- Mix dough until it is smooth and well developed. Turn dough out onto a lightly floured surface and knead until smooth and supple, about 8 minutes.
- Divide the dough into two equal pieces and form into loaves.
- Place loaves on prepared baking sheets.
- Bake in preheated oven for 35 to 40 minutes, or until golden.

Nutrition Facts



Properties

Glycemic Index:2.65, Glycemic Load:4.69, Inflammation Score:-1, Nutrition Score:1.1465217216021%

Nutrients (% of daily need)

Calories: 44.89kcal (2.24%), Fat: 1.14g (1.76%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 7.59g (2.76%), Sugar: 1.85g (2.06%), Cholesterol: 0mg (0%), Sodium: 96.27mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Vitamin B1: 0.06mg (4.1%), Selenium: 2.67µg (3.81%), Folate: 14.33µg (3.58%), Manganese: 0.05mg (2.75%), Vitamin B3: 0.46mg (2.32%), Vitamin B2: 0.04mg (2.29%), Iron: 0.38mg (2.09%)