



## Golden Honey Bread

 Vegetarian  Dairy Free

READY IN



190 min.

SERVINGS



16

CALORIES



124 kcal

### Ingredients

- 2 teaspoons yeast dry
- 3.5 cups bread flour
- 2 tablespoons honey
- 1 teaspoon salt
- 1.5 teaspoons sugar
- 2 tablespoons vegetable oil
- 1 cup water (70° to 80°)

### Equipment

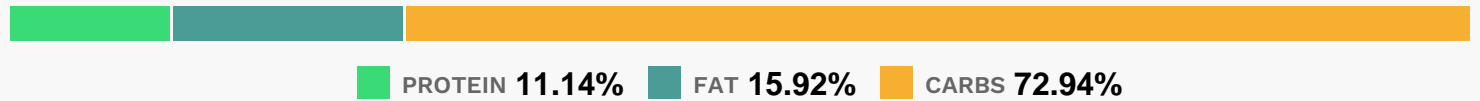
- oven

bread machine

## Directions

- In bread machine pan, place all ingredients in order suggested by manufacturer. Select basic bread setting. Choose crust color and loaf size if available.
- Bake according to bread machine directions (check dough after 5 minutes of mixing; add 1 to 2 tablespoons of water or flour if needed).

## Nutrition Facts



## Properties

Glycemic Index:11.84, Glycemic Load:14.24, Inflammation Score:-1, Nutrition Score:2.7008695770055%

## Nutrients (% of daily need)

Calories: 124.43kcal (6.22%), Fat: 2.18g (3.36%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 22.53g (7.51%), Net Carbohydrates: 21.76g (7.91%), Sugar: 2.61g (2.9%), Cholesterol: 0mg (0%), Sodium: 146.94mg (6.39%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Selenium: 10.91µg (15.59%), Manganese: 0.22mg (11.01%), Folate: 18.18µg (4.54%), Vitamin B1: 0.06mg (4.31%), Fiber: 0.77g (3.06%), Vitamin K: 3.21µg (3.06%), Phosphorus: 29.11mg (2.91%), Copper: 0.05mg (2.75%), Vitamin B3: 0.43mg (2.16%), Vitamin B2: 0.03mg (1.94%), Magnesium: 7.25mg (1.81%), Zinc: 0.27mg (1.81%), Vitamin B5: 0.17mg (1.74%), Vitamin E: 0.25mg (1.66%), Iron: 0.27mg (1.49%)