



## Graham Cracker Bread

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



112 kcal

BREAD

### Ingredients

- 1 package yeast dry
- 2 cups flour all-purpose
- 2 tablespoons flour all-purpose
- 0.8 cup cinnamon graham cracker crumbs ( 5 full cracker sheets)
- 2 tablespoons honey
- 2 tablespoons butter chilled cut into small pieces
- 0.5 teaspoon orange rind grated
- 0.5 teaspoon salt

- 0.3 cup warm water (105° to 115°)
- 0.7 cup warm water (105° to 115°)
- 0.5 cup flour whole-wheat

## Equipment

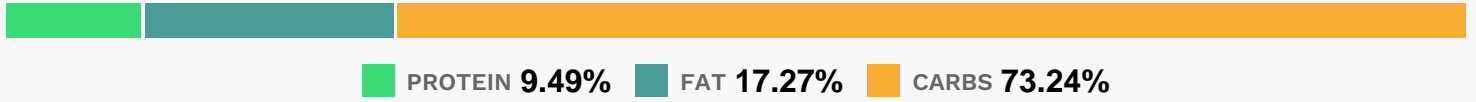
- food processor
- bowl
- frying pan
- baking sheet
- oven
- wire rack
- loaf pan

## Directions

- Dissolve yeast in 1/4 cup warm water; let stand 5 minutes.
- Place 2 cups all-purpose flour and next 5 ingredients (all-purpose flour through salt) in a food processor; pulse 4 times.
- Add margarine; process 10 seconds. With processor on, slowly add yeast mixture and 2/3 cup water through food chute; process until combined. With processor on, add 2 tablespoons all-purpose flour through food chute, 1 tablespoon at a time, until dough leaves sides of bowl and forms a ball. Process 15 additional seconds.
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk. Punch dough down; divide into 3 equal portions. Working with one portion at a time (cover remaining dough to keep from drying), shape each portion into a 12-inch rope.
- Place 3 ropes lengthwise on a large baking sheet; pinch ends together at one end to seal. Braid ropes; pinch loose ends to seal.
- Place in an 8 x 4-inch loaf pan coated with cooking spray. Cover and let rise 45 minutes or until doubled in bulk.
- Preheat oven to 37
- Bake at 375 for 30 minutes or until loaf sounds hollow when tapped.

Remove from pan immediately; cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:17.27, Glycemic Load:12.39, Inflammation Score:-2, Nutrition Score:4.07565220413%

## Nutrients (% of daily need)

Calories: 112.48kcal (5.62%), Fat: 2.17g (3.34%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 20.71g (6.9%), Net Carbohydrates: 19.6g (7.13%), Sugar: 3.12g (3.47%), Cholesterol: 0mg (0%), Sodium: 117.46mg (5.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.37%), Vitamin B1: 0.21mg (13.75%), Manganese: 0.27mg (13.46%), Selenium: 7.99µg (11.41%), Folate: 44.1µg (11.02%), Vitamin B3: 1.49mg (7.46%), Vitamin B2: 0.12mg (6.86%), Iron: 1.09mg (6.04%), Fiber: 1.11g (4.45%), Phosphorus: 42.56mg (4.26%), Magnesium: 11.6mg (2.9%), Copper: 0.05mg (2.28%), Zinc: 0.33mg (2.21%), Vitamin B6: 0.03mg (1.7%), Vitamin B5: 0.16mg (1.58%), Vitamin A: 66.72IU (1.33%), Potassium: 44.77mg (1.28%)