



## Honey-Almond French Braid

 Dairy Free

READY IN



38 min.

SERVINGS



10

CALORIES



104 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons almonds sliced
- ☐ 11 ounce bread dough refrigerated french canned
- ☐ 0.1 teaspoon ground ginger
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon water

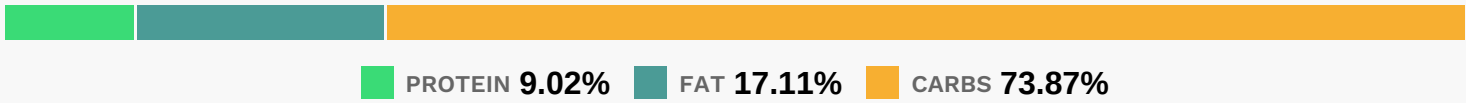
### Equipment

- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Unroll dough; cut into 3 equal pieces. Shape each portion into a rope.
- ☐ Place ropes on a baking sheet coated with cooking spray; (do not stretch). Braid ropes; pinch loose ends to seal.
- ☐ Combine honey, water, and ginger, stirring well.
- ☐ Brush braided dough with half of honey mixture.
- ☐ Bake braid at 350 for 20 minutes.
- ☐ Remove from oven; brush with remaining honey mixture.
- ☐ Sprinkle with almonds.
- ☐ Bake 10 additional minutes or until loaf sounds hollow when tapped.
- ☐ Remove from baking sheet immediately.
- ☐ Serve warm.

# Nutrition Facts



# Properties

Glycemic Index:6.23, Glycemic Load:1.82, Inflammation Score:-1, Nutrition Score:0.79173913427993%

# Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 103.87kcal (5.19%), Fat: 1.91g (2.94%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 18.58g (6.19%), Net Carbohydrates: 17.71g (6.44%), Sugar: 3.54g (3.93%), Cholesterol: 0mg (0%), Sodium: 146.87mg (6.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Fiber: 0.87g (3.48%), Vitamin E: 0.51mg (3.41%), Manganese: 0.06mg (2.87%), Vitamin B2: 0.02mg (1.44%), Magnesium: 5.54mg (1.39%), Copper: 0.02mg (1.11%)