



Honey Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



280 kcal

BREAD

Ingredients

- ☐ 1.5 tablespoons yeast dry
- ☐ 0.3 cup canola oil
- ☐ 7 cups flour all-purpose
- ☐ 0.8 cup honey
- ☐ 1 tablespoon rosemary chopped
- ☐ 1 tablespoon salt
- ☐ 2.5 cups water

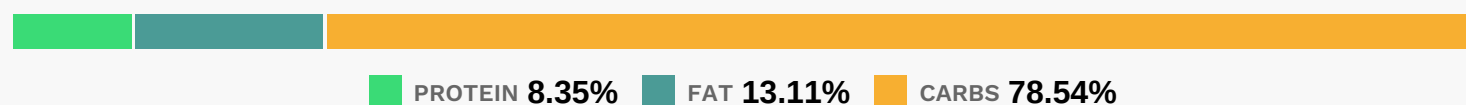
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ loaf pan

Directions

- ☐ Toast the rosemary in a small sauté pan over medium-high heat until fragrant, about 30 seconds.
- ☐ Remove from the heat and set aside.
- ☐ In a small bowl, combine the oil, yeast, and warm water and stir to dissolve the yeast.
- ☐ Let sit for 5 minutes, or until foamy.
- ☐ Combine the flour and salt and mound in a large bowl. Make a well in the middle. Slowly pour the dissolved yeast into the well, working in the flour with your fingertips, then knead the dough until a ball forms. Knead in the honey and toasted rosemary.
- ☐ Put the dough in a large oiled bowl and turn to coat. Cover with a damp cloth or oiled plastic wrap and let rise to 1 1/2 times the original size, about 1 hour.
- ☐ Grease two 9 x 4-inch loaf pans. Punch down the dough and transfer to a floured work surface. Knead for 5 minutes. Divide the dough in half and shape into loaves.
- ☐ Place in the prepared pans, cover with plastic wrap, and let rise for 20 minutes.
- ☐ Preheat the oven to 400°F.
- ☐ Place the pans in the oven and bake until the tops are golden, about 25 to 30 minutes. Invert the pans onto a cooling rack and let sit for 5 minutes, then remove the pans and let cool.
- ☐ Reprinted with permission from The Soul of a New Cuisine: A Discovery of the Foods and Flavors of Africa by by Marcus Samuelsson, (C) 2006, John Wiley & Sons, Inc.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:37.04, Inflammation Score:-4, Nutrition Score:8.3895651575016%

Nutrients (% of daily need)

Calories: 279.94kcal (14%), Fat: 4.08g (6.28%), Saturated Fat: 0.36g (2.22%), Carbohydrates: 55.06g (18.35%), Net Carbohydrates: 53.4g (19.42%), Sugar: 13.19g (14.66%), Cholesterol: 0mg (0%), Sodium: 439.86mg (19.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.71%), Vitamin B1: 0.47mg (31.41%), Folate: 109.55µg (27.39%), Selenium: 18.7µg (26.72%), Manganese: 0.39mg (19.52%), Vitamin B2: 0.29mg (17.16%), Vitamin B3: 3.4mg (17%), Iron: 2.65mg (14.74%), Fiber: 1.66g (6.65%), Phosphorus: 62.17mg (6.22%), Copper: 0.09mg (4.65%), Vitamin E: 0.65mg (4.3%), Magnesium: 13.21mg (3.3%), Zinc: 0.46mg (3.04%), Vitamin B5: 0.3mg (3.01%), Vitamin K: 2.66µg (2.53%), Potassium: 71.64mg (2.05%), Vitamin B6: 0.04mg (1.78%), Calcium: 12.25mg (1.22%)