



Honey Wheat Bread II

 Vegetarian  Dairy Free

READY IN



120 min.

SERVINGS



16

CALORIES



256 kcal

BREAD

Ingredients

- 1 tablespoon yeast dry
- 5 cups flour all-purpose
- 0.3 cup honey
- 1 teaspoon salt
- 0.3 cup vegetable oil
- 2 cups water (110 degrees F/45 degrees C)
- 2 cups flour whole wheat

Equipment

- bowl
- oven
- loaf pan

Directions

- Dissolve yeast in warm water.
- Add honey, and stir well.
- Mix in whole wheat flour, salt, and vegetable oil. Work all-purpose flour in gradually. Turn dough out onto a lightly floured surface, and knead for at least 10 to 15 minutes. When dough is smooth and elastic, place it in a well oiled bowl. Turn it several times in the bowl to coat the surface of the dough, and cover with a damp cloth.
- Let rise in a warm place until doubled in bulk, about 45 minutes.
- Punch down the dough. Shape into two loaves, and place into two well greased 9 x 5 inch loaf pans. Allow to rise until dough is 1 to 1 1/2 inches above pans.
- Bake at 375 degrees F (190 degrees C) for 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:7.95, Glycemic Load:24.6, Inflammation Score:-4, Nutrition Score:9.9826086839742%

Nutrients (% of daily need)

Calories: 255.62kcal (12.78%), Fat: 5.32g (8.18%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 46.53g (15.51%), Net Carbohydrates: 43.79g (15.92%), Sugar: 5.97g (6.63%), Cholesterol: 0mg (0%), Sodium: 148.31mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.28%), Manganese: 0.88mg (44.16%), Selenium: 22.59µg (32.27%), Vitamin B1: 0.41mg (27.3%), Folate: 84.08µg (21.02%), Vitamin B3: 3.16mg (15.79%), Vitamin B2: 0.23mg (13.55%), Iron: 2.39mg (13.28%), Fiber: 2.74g (10.96%), Phosphorus: 97.61mg (9.76%), Vitamin K: 8.76µg (8.34%), Magnesium: 29.72mg (7.43%), Copper: 0.13mg (6.31%), Zinc: 0.7mg (4.68%), Vitamin B6: 0.08mg (4.18%), Vitamin E: 0.5mg (3.34%), Vitamin B5: 0.3mg (3%), Potassium: 102.34mg (2.92%), Calcium: 12.44mg (1.24%)