



WHATSheATE



HEALTH SCORE

75%

## Honey-Wheat Sandwich Bread



Dairy Free



Very Healthy



Popular

READY IN



55 min.

SERVINGS



2

CALORIES



1138 kcal

BREAD

## Ingredients

- ☐ 1.3 cups vanilla almond milk plain unsweetened lukewarm (or milk alternative)
- ☐ 1.5 cups bread flour
- ☐ 0.3 cup grapeseed oil
- ☐ 2.3 teaspoons yeast instant
- ☐ 0.3 cup honey for vegan (can sub agave nectar or maple syrup )
- ☐ 1.5 teaspoons salt
- ☐ 2 cups flour whole wheat

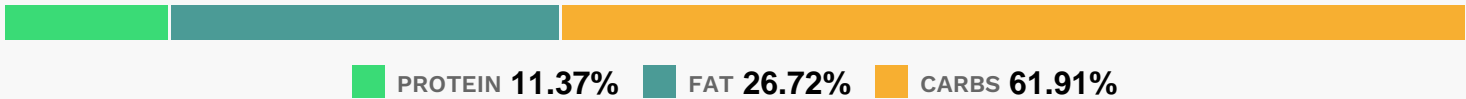
## Equipment

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

## Directions

- ☐ Pour the milk alternative into a mixing bowl and add the yeast. Allow the yeast to “proof” for 5 minutes. It should foam a bit if still active.Stir in the oil, honey, salt, and wheat flour, until well combined.Gradually add the bread flour, and when it gets too difficult to stir, start kneading the dough with your hands. Knead until it is smooth and elastic.If the dough is too dry, add a splash or two of milk alternative, if it is still too sticky, add a little more flour. It should feel slightly sticky to the touch, but not actually stick to your hands as you knead.
- ☐ Transfer the dough to a large bowl, cover lightly with a lid, damp towel or plastic wrap, and let rise in a warm, draft-free spot for 1 hour.Grease and flour an 8×4-inch loaf pan.Punch the dough to get the air out (The fun part).
- ☐ Roll dough into a loaf shape to fit in your prepared pan, place it in the pan and cover lightly with a damp towel or plastic wrap, and let it rise for another 30 to 60 minutes, or until it is peaking out over the pan and looks like a loaf of bread.Preheat your oven to 350°F.
- ☐ Bake the bread for 35 to 40 minutes or until the top is a nice golden brown.
- ☐ Let cool for 5 to 10 minutes in the loaf pan, before popping it out to cool completely on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:68, Glycemic Load:47.19, Inflammation Score:-9, Nutrition Score:42.953043716109%

## Nutrients (% of daily need)

Calories: 1138.33kcal (56.92%), Fat: 34.83g (53.59%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 181.56g (60.52%), Net Carbohydrates: 162.31g (59.02%), Sugar: 19.64g (21.82%), Cholesterol: 0mg (0%), Sodium: 1959.49mg (85.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.34g (66.69%), Manganese: 5.67mg (283.54%), Selenium: 112.92µg (161.31%), Vitamin B1: 2.2mg (146.4%), Folate: 407.89µg (101.97%), Fiber: 19.25g (76.98%), Vitamin B3: 12.5mg (62.51%), Vitamin E: 9.34mg (62.3%), Phosphorus: 605.61mg (60.56%), Vitamin B2: 0.84mg (49.39%), Magnesium: 195.45mg (48.86%), Vitamin B6: 0.79mg (39.5%), Copper: 0.73mg (36.27%), Zinc: 5mg (33.31%), Iron: 5.5mg (30.53%), Vitamin B5: 2.96mg (29.57%), Calcium: 247.77mg (24.78%), Potassium: 659.73mg (18.85%), Vitamin K: 8.8µg (8.38%), Vitamin C: 4.72mg (5.72%)