



Honey Whole Wheat Bread



Vegetarian



Dairy Free

READY IN



185 min.

SERVINGS



24

CALORIES



72 kcal

BREAD

Ingredients

- ☐ 1.5 teaspoons active yeast dry
- ☐ 1.5 cups bread flour
- ☐ 3 tablespoons honey
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons vegetable oil
- ☐ 1.1 cups warm water 110 degrees F/45 degrees C
- ☐ 1.5 cups flour whole wheat

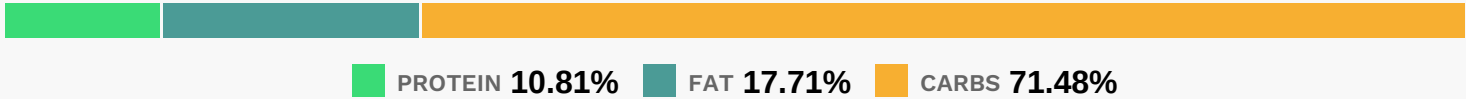
Equipment

☐ bread machine

Directions

☐ Add ingredients according to the manufacturer's directions to your bread machine. Use the wheat bread cycle and light color setting.

Nutrition Facts



Properties

Glycemic Index:4.97, Glycemic Load:4.8, Inflammation Score:-1, Nutrition Score:2.8569565172429%

Nutrients (% of daily need)

Calories: 72.33kcal (3.62%), Fat: 1.47g (2.25%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 12.26g (4.46%), Sugar: 2.21g (2.46%), Cholesterol: 0mg (0%), Sodium: 33.36mg (1.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.03%), Manganese: 0.37mg (18.48%), Selenium: 7.77µg (11.1%), Vitamin B1: 0.07mg (4.35%), Fiber: 1.05g (4.19%), Phosphorus: 35.7mg (3.57%), Magnesium: 12.5mg (3.12%), Vitamin B3: 0.53mg (2.66%), Folate: 10.48µg (2.62%), Copper: 0.05mg (2.43%), Vitamin K: 2.25µg (2.14%), Iron: 0.36mg (1.98%), Zinc: 0.28mg (1.89%), Vitamin B6: 0.04mg (1.85%), Vitamin B2: 0.03mg (1.52%), Vitamin E: 0.18mg (1.18%), Potassium: 38.27mg (1.09%), Vitamin B5: 0.11mg (1.07%)