



Honey-Whole Wheat Bread

 Dairy Free

READY IN



230 min.

SERVINGS



32

CALORIES



127 kcal

Ingredients

- ☐ 2 packages yeast dry
- ☐ 0.3 cup water (105°F to 115°F)
- ☐ 0.5 cup honey
- ☐ 0.3 cup butter softened
- ☐ 3 teaspoons salt
- ☐ 2.5 cups water (120°F to 130°F)
- ☐ 4.5 cups flour whole wheat
- ☐ 2.8 cups flour all-purpose

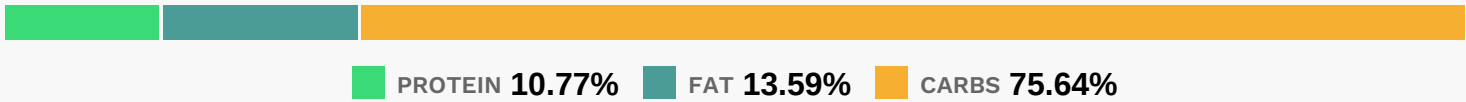
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ In large bowl, dissolve yeast in 1/4 cup warm water.
- ☐ Add honey, butter, salt, 2 1/2 cups very warm water and 3 cups of the whole wheat flour. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 2 minutes, scraping bowl frequently. Beat in remaining 1 1/2 cups whole wheat flour.
- ☐ With spoon, stir in 2 1/4 to 2 3/4 cups of the all-purpose flour until dough pulls cleanly away from side of bowl.
- ☐ On lightly floured surface, knead in remaining 1/2 to 1 cup all-purpose flour; continue kneading 5 to 10 minutes or until dough is smooth and springy. Grease large bowl with shortening or cooking spray; place dough in bowl, turning dough to grease all sides. Cover; let rise in warm place 30 to 45 minutes or until doubled in size.
- ☐ Generously grease 2 (8x4- or 9x5-inch) loaf pans with shortening or cooking spray. Gently push fist into dough to deflate; divide in half. Shape dough into loaves; place in pans. Cover; let rise in warm place 30 to 45 minutes or until doubled in size.
- ☐ Heat oven to 375°F. Uncover dough; bake 30 minutes. Reduce oven temperature to 350°F; bake 10 to 15 minutes longer or until loaves sound hollow when lightly tapped. Immediately remove from pans to cooling racks. Cool completely, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:3.98, Glycemic Load:8.21, Inflammation Score:-3, Nutrition Score:6.3704347755436%

Nutrients (% of daily need)

Calories: 126.75kcal (6.34%), Fat: 1.99g (3.06%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 24.9g (8.3%), Net Carbohydrates: 22.68g (8.25%), Sugar: 4.45g (4.94%), Cholesterol: 0mg (0%), Sodium: 236.74mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.09%), Manganese: 0.77mg (38.29%), Selenium: 14.15µg

(20.21%), Vitamin B1: 0.22mg (14.49%), Folate: 37.44µg (9.36%), Fiber: 2.22g (8.9%), Vitamin B3: 1.65mg (8.27%), Phosphorus: 75.25mg (7.53%), Magnesium: 26.09mg (6.52%), Iron: 1.14mg (6.33%), Vitamin B2: 0.1mg (5.95%), Copper: 0.09mg (4.59%), Vitamin B6: 0.08mg (4.07%), Zinc: 0.56mg (3.75%), Potassium: 80.47mg (2.3%), Vitamin B5: 0.21mg (2.13%), Vitamin A: 64.95IU (1.3%), Vitamin E: 0.18mg (1.21%)