



## Old-Fashioned Honey-Whole Wheat Bread

 Dairy Free

READY IN



190 min.

SERVINGS



32

CALORIES



110 kcal

### Ingredients

- ☐ 3 cups flour whole wheat stone-ground
- ☐ 0.3 cup honey
- ☐ 0.3 cup shortening
- ☐ 1 tablespoon salt
- ☐ 2 packages yeast dry quick
- ☐ 2.3 cups water (120°F to 130°F)
- ☐ 3 cups flour all-purpose for flour
- ☐ 1 serving butter melted

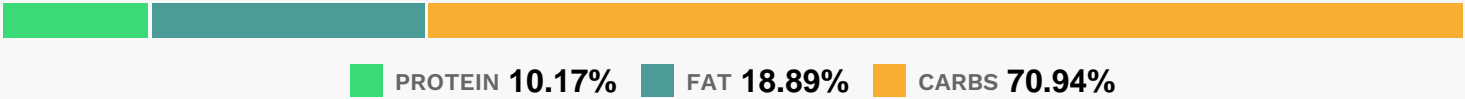
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ rolling pin

## Directions

- ☐ Mix whole wheat flour, honey, shortening, salt and yeast in large bowl.
- ☐ Add warm water. Beat with electric mixer on low speed 1 minute, scraping bowl frequently. Beat on medium speed 1 minute, scraping bowl frequently. Stir in enough all-purpose flour, 1 cup at a time, to make dough easy to handle.
- ☐ Turn dough onto lightly floured surface. Knead about 10 minutes or until smooth and elastic.
- ☐ Place in greased bowl and turn greased side up. Cover and let rise in warm place 40 to 60 minutes or until double. Dough is ready if indentation remains when touched.
- ☐ Grease bottoms and sides of 2 loaf pans, 9x5x3 or 8 1/2x4 1/2x2 1/2 inches.
- ☐ Punch down dough and divide in half. Flatten each half with hands or rolling pin into rectangle, 18x9 inches, on lightly floured surface.
- ☐ Roll dough up tightly, beginning at 9-inch side, to form a loaf. Press with thumbs to seal after each turn. Pinch edge of dough into roll to seal. Press each end with side of hand to seal. Fold ends under loaf.
- ☐ Place seam side down in pan.
- ☐ Brush loaves lightly with butter. Cover and let rise in warm place 35 to 50 minutes or until double.
- ☐ Move oven rack to low position so that tops of pans will be in center of oven.
- ☐ Heat oven to 375°F.
- ☐ Bake 40 to 45 minutes or until loaves are deep golden brown and sound hollow when tapped.
- ☐ Remove from pans to wire rack.
- ☐ Brush loaves with butter; cool.

# Nutrition Facts



## Properties

Glycemic Index:3.98, Glycemic Load:7.99, Inflammation Score:-2, Nutrition Score:5.0556522062777%

## Nutrients (% of daily need)

Calories: 110.37kcal (5.52%), Fat: 2.38g (3.67%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 20.13g (6.71%), Net Carbohydrates: 18.49g (6.72%), Sugar: 2.98g (3.31%), Cholesterol: 0mg (0%), Sodium: 223.86mg (9.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Manganese: 0.54mg (27.11%), Selenium: 10.99µg (15.7%), Vitamin B1: 0.2mg (13.13%), Folate: 36.71µg (9.18%), Vitamin B3: 1.43mg (7.15%), Fiber: 1.64g (6.58%), Vitamin B2: 0.1mg (5.62%), Phosphorus: 55.85mg (5.58%), Iron: 0.98mg (5.42%), Magnesium: 18.48mg (4.62%), Copper: 0.07mg (3.45%), Vitamin B6: 0.06mg (2.92%), Zinc: 0.42mg (2.8%), Vitamin B5: 0.19mg (1.92%), Potassium: 59.62mg (1.7%), Vitamin E: 0.2mg (1.32%), Vitamin K: 1.1µg (1.05%)