

Piernik - Honey Bread

 Vegetarian

READY IN



150 min.

SERVINGS



4

CALORIES



1037 kcal

BREAD

Ingredients

- 1 teaspoon baking soda
- 4 eggs
- 4 cups flour all-purpose
- 0.5 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 1 cup honey
- 0.5 cup milk

- 1 cup sugar
- 0.5 cup vegetable oil

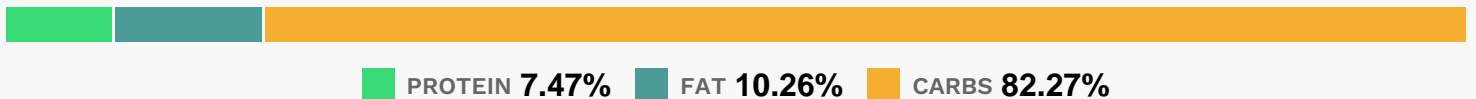
Equipment

- bowl
- oven
- pot
- loaf pan
- toothpicks

Directions

- In a large bowl, mix the sugar, cinnamon, cloves, allspice, and eggs. Stir in the milk and oil, and mix in the baking soda.
- Place honey in a small pot, and bring to a boil. Stir honey into the bowl.
- Mix flour into the bowl. Fold in the raisins and walnuts. Stir by hand with a sturdy spoon for 10 minutes. Allow the dough to sit 1 hour.
- Preheat oven to 325 degrees F (165 degrees C). Lightly grease four 8x4 inch loaf pans.
- Fill each loaf pan with about 2 inches of the batter.
- Bake 1 hour 15 minutes in the preheated oven, until a toothpick inserted in the center of a loaf comes out clean. Bread will be brown in color and will crack on top.

Nutrition Facts



Properties

Glycemic Index:63.84, Glycemic Load:140.9, Inflammation Score:-7, Nutrition Score:24.313478602015%

Nutrients (% of daily need)

Calories: 1037.12kcal (51.86%), Fat: 12.06g (18.55%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 217.51g (72.5%), Net Carbohydrates: 213.56g (77.66%), Sugar: 121.46g (134.96%), Cholesterol: 167.34mg (55.78%), Sodium: 354.99mg (15.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.76g (39.52%), Selenium: 57.48µg

(82.12%), Vitamin B1: 1.02mg (67.78%), Folate: 251.31µg (62.83%), Manganese: 1.18mg (59.04%), Vitamin B2: 0.9mg (53.13%), Iron: 7.04mg (39.12%), Vitamin B3: 7.57mg (37.83%), Phosphorus: 257.18mg (25.72%), Fiber: 3.95g (15.8%), Vitamin B5: 1.4mg (13.96%), Copper: 0.25mg (12.5%), Zinc: 1.78mg (11.84%), Vitamin K: 11.13µg (10.6%), Magnesium: 39.42mg (9.85%), Calcium: 94.73mg (9.47%), Vitamin B12: 0.56µg (9.27%), Vitamin B6: 0.17mg (8.55%), Potassium: 292.61mg (8.36%), Vitamin D: 1.22µg (8.1%), Vitamin E: 1.03mg (6.88%), Vitamin A: 290.23IU (5.8%)