



 **11%**  
HEALTH SCORE

## Rosemary Walnut Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



308 kcal

BREAD

### Ingredients

- 4 ounces cream cheese
- 2 packages yeast dry
- 3 eggs
- 5 cups flour
- 2 tablespoons honey
- 2 tablespoons lemon zest
- 1.5 cups milk (100 to 110 degrees)
- 1 tablespoon olive oil

- 3 tablespoons rosemary chopped
- 16 servings salt to taste
- 2 cups walnuts

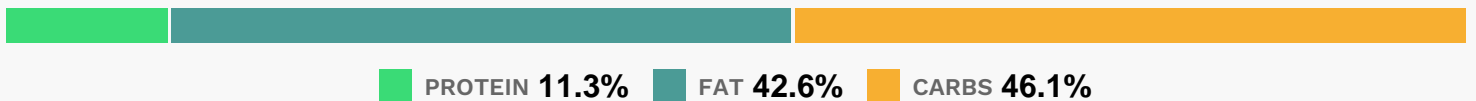
## Equipment

- bowl
- oven

## Directions

- Combine first four ingredients, add yeast, and let stand for 5 minutes. Stir in two cups flour, cover with plastic, and place in a warm spot (85 degrees) for 15 minutes.
- Add rest of flour, nuts, lemon, rosemary, and 2 eggs.
- Mix in bowl until it sticks together, then turn onto floured surface and knead for 10 minutes. Rub top with olive oil and place in oiled bowl. Cover with damp cloth, and let rise for 1 hour. Return dough to floured surface and form into two leaf-shaped loaves. Make three diagonal slashes, inch deep.
- Brush top with egg, and let rise for 30 minutes.
- Bake in 375 degree oven for 40 minutes.
- Let stand twenty minutes before slicing or as long as you can wait.

## Nutrition Facts



## Properties

Glycemic Index: 17.64, Glycemic Load: 23.47, Inflammation Score: -5, Nutrition Score: 11.726956521739%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

## Taste

Sweetness: 76.24%, Saltiness: 71.45%, Sourness: 41.48%, Bitterness: 50.53%, Savoriness: 51.47%, Fattiness: 100%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 308.32kcal (15.42%), Fat: 14.87g (22.88%), Saturated Fat: 3.23g (20.19%), Carbohydrates: 36.21g (12.07%), Net Carbohydrates: 33.7g (12.25%), Sugar: 4.07g (4.52%), Cholesterol: 40.59mg (13.53%), Sodium: 238.33mg (10.36%), Protein: 8.87g (17.75%), Manganese: 0.78mg (39.1%), Vitamin B1: 0.47mg (31.53%), Folate: 112.11µg (28.03%), Selenium: 17.65µg (25.21%), Vitamin B2: 0.34mg (19.92%), Copper: 0.3mg (15.19%), Phosphorus: 145.84mg (14.58%), Vitamin B3: 2.87mg (14.34%), Iron: 2.54mg (14.13%), Fiber: 2.51g (10.06%), Magnesium: 37.54mg (9.39%), Vitamin B6: 0.15mg (7.46%), Zinc: 1.05mg (7%), Calcium: 66.18mg (6.62%), Vitamin B5: 0.63mg (6.29%), Potassium: 175.9mg (5.03%), Vitamin A: 191.82IU (3.84%), Vitamin B12: 0.21µg (3.55%), Vitamin D: 0.42µg (2.78%), Vitamin E: 0.41mg (2.75%), Vitamin C: 1.4mg (1.7%), Vitamin K: 1.28µg (1.22%)