



Softest Soft Bread with Air Pockets Using Bread Machine



Vegetarian



Dairy Free

READY IN



200 min.

SERVINGS



8

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons active yeast dry
- ☐ 2 cups flour all-purpose
- ☐ 4 teaspoons honey
- ☐ 4 teaspoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 1 cup warm water (105 to 115 degrees F / 40 to 45 degrees C)

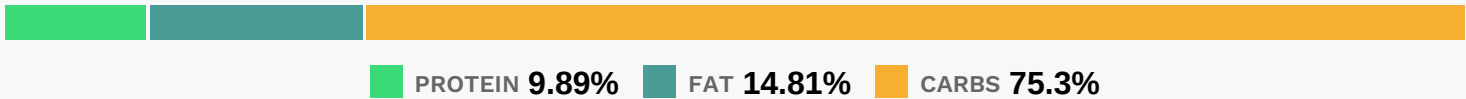
Equipment

- ☐ frying pan
- ☐ loaf pan
- ☐ bread machine

Directions

- ☐ Pour warm water into the pan of bread machine and stir honey into warm water until dissolved.
- ☐ Add yeast to the mixture and let stand until yeast begins to foam, about 10 minutes.
- ☐ Add flour, olive oil, and salt to the bread pan in the order recommended by the manufacturer.
- ☐ Select soft setting if machine has that option; otherwise select regular setting and start the machine.
- ☐ Let finished bread cool before slicing.

Nutrition Facts



Properties

Glycemic Index:15.91, Glycemic Load:18.76, Inflammation Score:-3, Nutrition Score:5.2526087047451%

Nutrients (% of daily need)

Calories: 144.6kcal (7.23%), Fat: 2.37g (3.64%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 25.99g (9.45%), Sugar: 2.96g (3.29%), Cholesterol: 0mg (0%), Sodium: 148.02mg (6.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.11%), Vitamin B1: 0.33mg (22.06%), Folate: 75.46µg (18.86%), Selenium: 10.68µg (15.26%), Vitamin B2: 0.19mg (10.99%), Manganese: 0.22mg (10.94%), Vitamin B3: 2.16mg (10.81%), Iron: 1.49mg (8.3%), Fiber: 1.06g (4.24%), Phosphorus: 38.84mg (3.88%), Copper: 0.05mg (2.72%), Vitamin B5: 0.24mg (2.44%), Vitamin E: 0.31mg (2.04%), Zinc: 0.29mg (1.94%), Magnesium: 7.66mg (1.92%), Vitamin B6: 0.03mg (1.31%), Vitamin K: 1.3µg (1.24%), Potassium: 42.74mg (1.22%)