



Sweet Honey French Bread



Vegetarian



Dairy Free

READY IN



185 min.

SERVINGS



36

CALORIES



31 kcal

Ingredients

- ☐ 1.5 teaspoons active yeast dry
- ☐ 2 cups bread flour
- ☐ 1 tablespoon honey
- ☐ 2 teaspoons honey
- ☐ 2 teaspoons olive oil
- ☐ 0.7 teaspoon salt
- ☐ 0.8 cup water
- ☐ 0.7 teaspoon sugar white

Equipment

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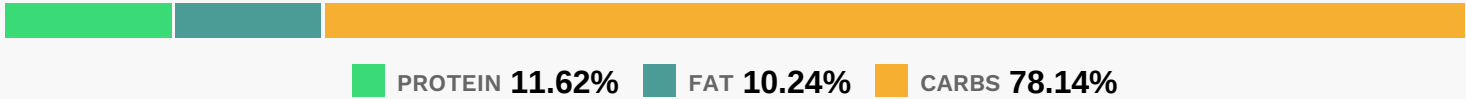
bread machine

Directions

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Add to your bread machine per manufacturer instructions. While bread is baking, drizzle with honey if desired.

Nutrition Facts



Properties

Glycemic Index:6.71, Glycemic Load:3.73, Inflammation Score:-1, Nutrition Score:0.69217391611765%

Nutrients (% of daily need)

Calories: 30.7kcal (1.53%), Fat: 0.35g (0.53%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 5.97g (1.99%), Net Carbohydrates: 5.76g (2.1%), Sugar: 0.89g (0.99%), Cholesterol: 0mg (0%), Sodium: 43.56mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.77%), Selenium: 2.78µg (3.97%), Manganese: 0.06mg (2.81%), Folate: 5.34µg (1.34%), Vitamin B1: 0.02mg (1.32%)