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## Honey Recipe

This recipe uses honey as the main ingredient. It is a versatile ingredient that can be used in various dishes and desserts. The recipe includes both sweet and savory options, showcasing the unique flavor of honey. It also provides information on the history and cultural significance of honey in different cuisines.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

200 g	honey
250 g	Flour
100 g	Butter
2 pieces	Eggs

<b>2 tsp</b>	baking powder
<b>1 tsp</b>	salt
<b>250 ml</b>	Milk

## Directions

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### Step 1

#### Preheating

Preheat the oven to 180°C.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a mixing bowl, combine flour, baking powder, and salt.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a separate bowl, cream together butter and honey until light and fluffy.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

Beat in the eggs one at a time, then stir in the milk.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

Gradually add the dry ingredients to the wet ingredients, mixing until just combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Baking

Pour the batter into a greased baking dish and bake for 25-30 minutes, or until a toothpick inserted into the center comes out clean.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 15 g

**Protein:** 5 g

**Carbohydrates:** 35 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	1 g	2.63%	4%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	70 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	6 mcg	250%	250%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	6 mg	0.6%	0.6%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	100 mg	2.94%	3.85%
Zinc	2 mg	18.18%	25%
Selenium	8 mcg	14.55%	14.55%

## Recipe Attributes

### Events

Christmas Easter Picnic

### Course

Snacks Soups Appetizers Side Dishes Breads Desserts Drinks

### Kitchen Tools

Slow Cooker Blender Oven Stove Microwave

### Nutritional Content

Low Calorie Low Fat Low Carb Low Sodium High Iron

### Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

### Difficulty Level

Easy

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