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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

2 tsp	baking powder
1 tsp	salt
250 ml	Milk

Directions

Step 1

Preheating

Preheat the oven to 180°C.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

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

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%

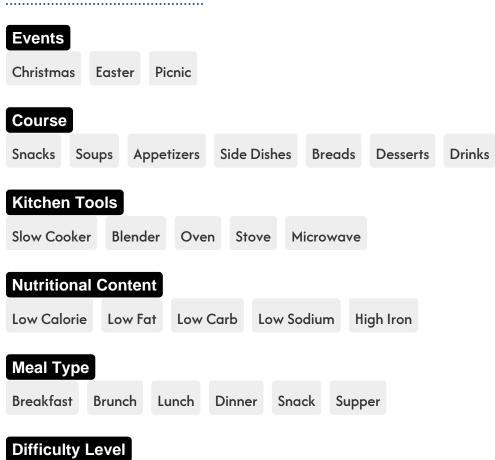
Minerals

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

Easy



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