



Apple and Cheddar Quick Bread

 Vegetarian

READY IN



110 min.

SERVINGS



8

CALORIES



259 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 0.8 cup cheddar cheese such as dubliner (1 1/2 ounces), grated on the large holes of a box grater
grated
- 3 large eggs
- 2 cups flour all-purpose
- 1.5 cups apples i use 2 granny smith apples grated (2 medium)
- 0.5 teaspoon ground sage
- 1 teaspoon salt fine
- 4 tablespoons butter unsalted melted plus more for coating the pan ()

0.7 cup milk whole

Equipment

bowl

frying pan

oven

knife

whisk

wire rack

loaf pan

toothpicks

spatula

Directions

Heat the oven to 350°F and arrange a rack in the middle. Generously coat a metal 9-by-5-inch loaf pan with butter.

Whisk the flour, baking powder, salt, and sage together in a large bowl until aerated and any large lumps are broken up.

Add the diced and shredded cheese and toss until the pieces are separated and evenly coated with the flour mixture; set aside.

Place the eggs, milk, and melted butter in a medium bowl and whisk until smooth.

Add the apples and stir until combined.

Add the egg mixture to the flour-cheese mixture and stir until the flour is just incorporated, being careful not to overmix (a few streaks of flour are OK). The batter will be very thick. Using a rubber spatula, scrape the batter into the prepared pan, pushing it into the corners and smoothing the top.

Bake until the bread is golden brown all over and a toothpick inserted into the center comes out clean (test several spots because you may hit a pocket of cheese), about 45 to 50 minutes.

Place the pan on a wire rack to cool for 15 minutes. Run a knife around the perimeter of the bread and turn it out onto the rack.

Let it cool for at least 30 minutes more before slicing.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:18.92, Inflammation Score:-4, Nutrition Score:9.2308695419975%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 259.18kcal (12.96%), Fat: 12.06g (18.55%), Saturated Fat: 6.65g (41.56%), Carbohydrates: 28.85g (9.62%), Net Carbohydrates: 27.44g (9.98%), Sugar: 3.61g (4.01%), Cholesterol: 97.83mg (32.61%), Sodium: 554.95mg (24.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.69%), Selenium: 19.81µg (28.3%), Calcium: 206.6mg (20.66%), Vitamin B2: 0.32mg (19.02%), Vitamin B1: 0.27mg (18.11%), Phosphorus: 177.06mg (17.71%), Folate: 69.15µg (17.29%), Manganese: 0.23mg (11.49%), Iron: 1.99mg (11.08%), Vitamin B3: 1.91mg (9.55%), Vitamin A: 428.29IU (8.57%), Vitamin B12: 0.4µg (6.68%), Zinc: 0.95mg (6.33%), Vitamin B5: 0.57mg (5.66%), Fiber: 1.41g (5.65%), Vitamin D: 0.77µg (5.11%), Magnesium: 16.18mg (4.04%), Vitamin B6: 0.08mg (3.77%), Potassium: 125.15mg (3.58%), Copper: 0.07mg (3.5%), Vitamin E: 0.51mg (3.4%), Vitamin K: 1.58µg (1.5%), Vitamin C: 1.08mg (1.31%)