



Apple-Cheddar Beer Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



160 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter divided melted
- ☐ 4 ounces extrasharp cheddar cheese shredded white
- ☐ 12 ounce cider hard
- ☐ 3 cups flour all-purpose
- ☐ 0.5 cup gala apple shredded peeled
- ☐ 1 garlic clove minced

- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon salt
- ☐ 0.5 cup shallots minced
- ☐ 3 tablespoons sugar

Equipment

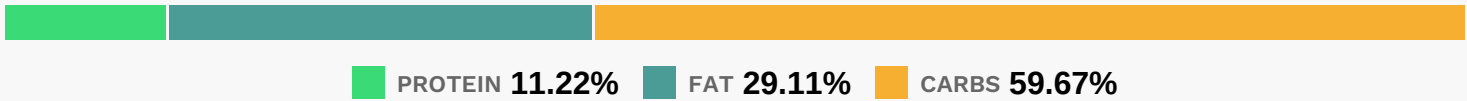
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Place shredded peeled apple in paper towels; squeeze until barely moist.
- ☐ Heat oil in a small skillet over medium heat. Cook apple and shallots in oil over medium heat for 7 minutes. Stir in pepper and garlic; cook 1 minute.
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, sugar, baking powder, and salt in a large bowl, stirring with a whisk; make a well in center of mixture.
- ☐ Add shallot mixture, cheese, and cider to flour mixture, stirring just until moist.
- ☐ Spoon batter into a 9 x 5inch loaf pan coated with cooking spray.
- ☐ Drizzle 1 tablespoon butter over batter.
- ☐ Bake at 375 for 35 minutes.
- ☐ Drizzle remaining 1 tablespoon butter over batter.

Bake an additional 25 minutes or until deep golden brown and a wooden pick inserted into the center comes out clean. Cool in pan 5 minutes on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:15.15, Inflammation Score:-3, Nutrition Score:4.8813043690246%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 159.87kcal (7.99%), Fat: 4.96g (7.63%), Saturated Fat: 2.42g (15.13%), Carbohydrates: 22.87g (7.62%), Net Carbohydrates: 21.89g (7.96%), Sugar: 3.89g (4.32%), Cholesterol: 10.85mg (3.62%), Sodium: 258.27mg (11.23%), Alcohol: 1.06g (100%), Alcohol %: 1.95% (100%), Protein: 4.3g (8.59%), Selenium: 10.1µg (14.43%), Vitamin B1: 0.19mg (12.78%), Folate: 47.07µg (11.77%), Manganese: 0.19mg (9.56%), Vitamin B2: 0.15mg (8.87%), Calcium: 86.99mg (8.7%), Phosphorus: 74.35mg (7.43%), Vitamin B3: 1.41mg (7.04%), Iron: 1.26mg (7.01%), Fiber: 0.98g (3.9%), Zinc: 0.46mg (3.07%), Vitamin A: 117.34IU (2.35%), Magnesium: 9.09mg (2.27%), Copper: 0.04mg (2.25%), Vitamin B6: 0.04mg (2.24%), Potassium: 61.18mg (1.75%), Vitamin E: 0.24mg (1.63%), Vitamin B5: 0.16mg (1.59%), Vitamin B12: 0.08µg (1.3%), Vitamin K: 1.09µg (1.04%), Vitamin C: 0.83mg (1.01%)