



Apple Cheddar Bread

READY IN



75 min.

SERVINGS



8

CALORIES



388 kcal

Ingredients

- ☐ 1 apples cored peeled finely chopped
- ☐ 2 eggs beaten
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 cup butter melted
- ☐ 0.3 cup milk
- ☐ 2 cups self-rising flour
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 0.5 cup walnuts chopped
- ☐ 0.7 cup sugar white

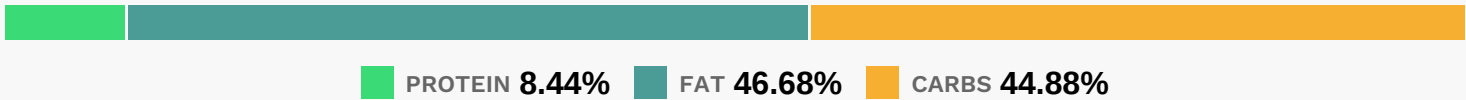
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan.
- ☐ In a large bowl, combine the sugar, flour, cinnamon walnuts, apples, and cheese.
- ☐ Add the eggs, melted butter or margarine, and milk; stir until well blended.
- ☐ Pour into prepared loaf pan.
- ☐ Bake in preheated oven for 1 hour, or until done. If loaf starts to brown too much, cover with foil.

Nutrition Facts



Properties

Glycemic Index:32.39, Glycemic Load:27.44, Inflammation Score:-5, Nutrition Score:7.3752174843913%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg 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: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg 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: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 388.38kcal (19.42%), Fat: 20.49g (31.53%), Saturated Fat: 4.74g (29.64%), Carbohydrates: 44.34g (14.78%), Net Carbohydrates: 42.42g (15.43%), Sugar: 19.72g (21.91%), Cholesterol: 48.9mg (16.3%), Sodium: 199.68mg (8.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.67%), Manganese: 0.55mg

(27.68%), Selenium: 18.39µg (26.28%), Vitamin A: 665.12IU (13.3%), Phosphorus: 123.37mg (12.34%), Copper: 0.19mg (9.58%), Calcium: 85.62mg (8.56%), Vitamin B2: 0.14mg (8.01%), Fiber: 1.92g (7.67%), Magnesium: 25.22mg (6.31%), Zinc: 0.94mg (6.26%), Folate: 24.97µg (6.24%), Vitamin E: 0.83mg (5.57%), Vitamin B6: 0.09mg (4.5%), Vitamin B1: 0.07mg (4.4%), Vitamin B5: 0.43mg (4.31%), Iron: 0.75mg (4.19%), Vitamin B12: 0.23µg (3.8%), Potassium: 127.27mg (3.64%), Vitamin D: 0.35µg (2.31%), Vitamin B3: 0.44mg (2.21%), Vitamin C: 1.18mg (1.43%), Vitamin K: 1.1µg (1.04%)