



Apple Cheddar Bread



Vegetarian



Gluten Free

READY IN



145 min.

SERVINGS



12

CALORIES



142 kcal

Ingredients

- ☐ 2 eggs
- ☐ 1.5 cups apples i use 2 granny smith apples unpeeled finely chopped (1 medium)
- ☐ 0.5 cup milk
- ☐ 8 oz cheddar cheese shredded extra-sharp
- ☐ 0.5 cup cream sour
- ☐ 0.3 cup sugar
- ☐ 3 cups frangelico
- ☐ 3 cups frangelico

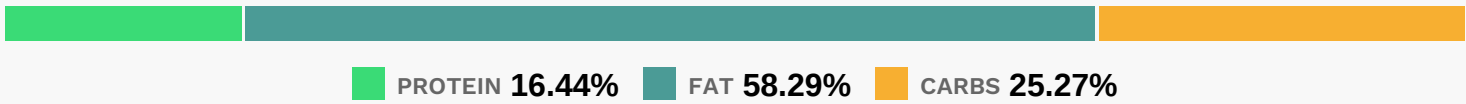
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks
- ☐ spatula

Directions

- ☐ Heat oven to 350F. Spray bottom only of 9x5-inch loaf pan with cooking spray.
- ☐ In medium bowl, stir together Bisquick mix, sugar, 1 1/2 cups of the cheese and the apple. In small bowl, beat sour cream, milk and eggs with whisk until blended.
- ☐ Add to apple mixture, stirring until blended.
- ☐ Pour into pan.
- ☐ Bake 1 hour; sprinkle with remaining 1/2 cup cheese.
- ☐ Bake 5 minutes longer or until cheese is melted and toothpick inserted in center comes out clean. Cool 10 minutes. Run knife or metal spatula around sides of pan to loosen loaf; remove from pan to cooling rack. Cool completely, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:4.75, Inflammation Score:-2, Nutrition Score:3.8886956131977%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 142.19kcal (7.11%), Fat: 9.35g (14.39%), Saturated Fat: 5.02g (31.37%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 8.75g (3.18%), Sugar: 8.07g (8.97%), Cholesterol: 53.05mg (17.68%), Sodium: 141.06mg (6.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.87%), Calcium: 160.9mg (16.09%), Phosphorus: 120.35mg (12.04%), Selenium: 8.18µg (11.69%), Vitamin B2: 0.15mg (8.95%), Vitamin A: 313.59IU (6.27%), Zinc: 0.87mg (5.79%), Vitamin B12: 0.34µg (5.68%), Vitamin B5: 0.27mg (2.7%), Vitamin D: 0.37µg (2.48%), Magnesium: 8.94mg (2.24%), Folate: 8.46µg (2.11%), Vitamin B6: 0.04mg (2.1%), Potassium: 68.73mg (1.96%), Vitamin E: 0.29mg (1.92%), Fiber: 0.38g (1.5%), Vitamin B1: 0.02mg (1.25%), Iron: 0.19mg (1.04%)