



Bacon Cheddar Quick Bread with Dried Pears

READY IN



45 min.

SERVINGS



10

CALORIES



315 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.8 cups flour
- ☐ 5 slices bacon chopped
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup sharp cheddar cheese extra-sharp grated
- ☐ 3 large eggs
- ☐ 1 tablespoon sage fresh minced
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 3.5 ounces pears dried finely chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup walnuts toasted chopped
- ☐ 0.3 cup milk whole

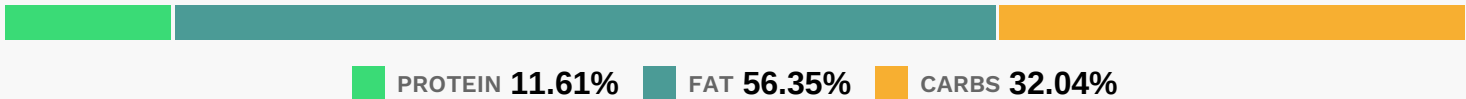
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ loaf pan
- ☐ aluminum foil

Directions

- ☐ Position rack in center of oven and preheat to 350°F. Generously butter 8 1/2 x 4 1/2 x 2 1/2-inch metal loaf pan. Cook bacon in large skillet over medium heat until crisp.
- ☐ Transfer bacon to paper towels to drain.
- ☐ Combine bacon, all cheese, dried pears, walnuts, and sage in medium bowl.
- ☐ Whisk flour, baking powder, salt, and black pepper in large bowl to blend.
- ☐ Whisk eggs, milk, and olive oil in another medium bowl to blend.
- ☐ Pour egg mixture over flour mixture and stir just until dry ingredients are moistened.
- ☐ Add bacon-cheese mixture and stir until incorporated (dough will be very sticky).
- ☐ Transfer dough to prepared loaf pan; spread evenly.
- ☐ Bake bread until golden on top and slender knife inserted into center of bread comes out clean, about 55 minutes. Cool bread in pan 5 minutes, then turn out onto rack and cool completely.
DO AHEAD: Can be made 1 day ahead. Wrap in plastic, then foil, and store at room temperature.

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:12.66, Inflammation Score:-3, Nutrition Score:13.422608650249%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 314.71kcal (15.74%), Fat: 19.95g (30.69%), Saturated Fat: 5.54g (34.63%), Carbohydrates: 25.51g (8.5%), Net Carbohydrates: 23.86g (8.68%), Sugar: 6.82g (7.57%), Cholesterol: 75.34mg (25.11%), Sodium: 415.88mg (18.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.25g (18.49%), Copper: 1.97mg (98.46%), Selenium: 17.8µg (25.43%), Manganese: 0.39mg (19.41%), Calcium: 184.13mg (18.41%), Phosphorus: 175.07mg (17.51%), Vitamin B2: 0.27mg (15.74%), Vitamin B1: 0.23mg (15.46%), Folate: 53.28µg (13.32%), Iron: 1.91mg (10.6%), Vitamin B3: 1.94mg (9.7%), Vitamin E: 1.38mg (9.18%), Zinc: 1.1mg (7.31%), Fiber: 1.65g (6.62%), Vitamin K: 6.95µg (6.62%), Vitamin B12: 0.35µg (5.87%), Magnesium: 22.83mg (5.71%), Vitamin B6: 0.11mg (5.27%), Vitamin B5: 0.5mg (5.02%), Potassium: 160.43mg (4.58%), Vitamin A: 212.82IU (4.26%), Vitamin D: 0.5µg (3.34%)