



WHATSheATE



Basic Beer-Cheese Bread



Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 12 ounce beer lager-style (such as Budweiser)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter divided melted
- ☐ 3 cups flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 1 tablespoon olive oil

- ☐ 1 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 0.5 cup onion yellow finely chopped

Equipment

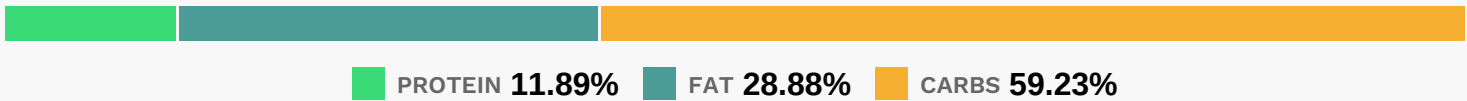
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 375
- ☐ Heat oil in a small skillet over medium-low heat.
- ☐ Add onion to pan; cook 10 minutes or until browned, stirring occasionally. 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 onion mixture, cheese, and beer to flour mixture, stirring just until moist.
- ☐ Spoon batter into a 9 x 5 inch 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.
- ☐ Apple-Cheddar Beer Bread: Substitute 1/2 cup minced shallots for onion.
- ☐ Place 1/2 cup shredded peeled Gala apple in paper towels; squeeze until barely moist. Cook shallots and apple in oil over medium heat for 7 minutes. Substitute 1 cup shredded extrasharp white cheddar cheese for Monterey Jack. Substitute 1 (12-ounce) bottle hard cider for lager.

Nutrition Facts



Properties

Glycemic Index:27.72, Glycemic Load:15.08, Inflammation Score:-3, Nutrition Score:4.6030434357083%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 152.46kcal (7.62%), Fat: 4.69g (7.21%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 21.62g (7.21%), Net Carbohydrates: 20.89g (7.6%), Sugar: 2.56g (2.84%), Cholesterol: 10.07mg (3.36%), Sodium: 253.72mg (11.03%), Alcohol: 0.83g (100%), Alcohol %: 1.67% (100%), Protein: 4.34g (8.68%), Selenium: 9.19µg (13.12%), Vitamin B1: 0.19mg (12.59%), Folate: 46.46µg (11.61%), Vitamin B2: 0.15mg (8.9%), Calcium: 88.79mg (8.88%), Manganese: 0.18mg (8.82%), Vitamin B3: 1.51mg (7.54%), Phosphorus: 72.92mg (7.29%), Iron: 1.22mg (6.79%), Fiber: 0.73g (2.92%), Zinc: 0.39mg (2.61%), Magnesium: 9.12mg (2.28%), Copper: 0.04mg (2.02%), Vitamin A: 98.52IU (1.97%), Vitamin B6: 0.03mg (1.71%), Vitamin B5: 0.14mg (1.36%), Vitamin E: 0.2mg (1.34%), Potassium: 45.63mg (1.3%), Vitamin B12: 0.07µg (1.1%)