



Beer Batter Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



258 kcal

BATTER

Ingredients

- 1 tablespoon double-acting baking powder
- 12 ounces beer at room temperature
- 3 cups flour
- 1 teaspoon salt
- 3 tablespoons sugar
- 0.3 cup butter unsalted melted

Equipment

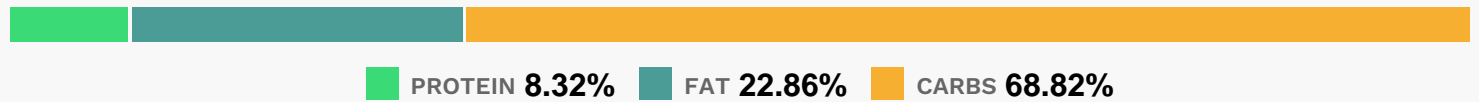
- oven

- mixing bowl
- loaf pan
- skewers

Directions

- Preheat the oven to 375°F. In a mixing bowl, combine all the dry ingredients.
- Add the beer all at once, mixing as little as possible; the batter should be lumpy.
- Pour the batter into a 9-x-5-x-3-inch loaf pan and brush with the melted butter.
- Bake in the oven for 35 to 40 minutes, or until an inserted skewer comes out clean. Turn out onto a rack to cool.
- New Tastes from Texas by Stephan Pyles
- Doubleday

Nutrition Facts



Properties

Glycemic Index:34.7, Glycemic Load:30.01, Inflammation Score:-5, Nutrition Score:7.5921737953373%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 257.89kcal (12.89%), Fat: 6.23g (9.58%), Saturated Fat: 3.72g (23.23%), Carbohydrates: 42.18g (14.06%), Net Carbohydrates: 40.91g (14.88%), Sugar: 4.62g (5.14%), Cholesterol: 15.25mg (5.08%), Sodium: 453.15mg (19.7%), Alcohol: 1.66g (100%), Alcohol %: 2.04% (100%), Protein: 5.1g (10.2%), Vitamin B1: 0.37mg (24.7%), Selenium: 16.25µg (23.21%), Folate: 88.55µg (22.14%), Manganese: 0.32mg (16.22%), Vitamin B3: 2.99mg (14.94%), Vitamin B2: 0.25mg (14.44%), Iron: 2.35mg (13.08%), Calcium: 98.8mg (9.88%), Phosphorus: 91.15mg (9.11%), Fiber: 1.27g (5.07%), Copper: 0.07mg (3.57%), Vitamin A: 177.27IU (3.55%), Magnesium: 13.42mg (3.35%), Vitamin B5: 0.23mg (2.31%), Zinc: 0.34mg (2.27%), Vitamin B6: 0.04mg (2.02%), Potassium: 63.79mg (1.82%), Vitamin E: 0.19mg (1.28%)