



Beer Bread

 Vegetarian

READY IN



95 min.

SERVINGS



12

CALORIES



161 kcal

BREAD

Ingredients

- 1 tablespoon double-acting baking powder
- 12 ounces beer cold
- 8 ounces flour all-purpose
- 1 teaspoon optional: dill fresh chopped
- 1.5 teaspoons kosher salt
- 4.5 ounces sharp cheddar grated
- 1 teaspoon sugar
- 1 tablespoons sunflower seeds

4 ounces flour whole-wheat

Equipment

frying pan

oven

whisk

mixing bowl

wire rack

loaf pan

kitchen thermometer

Directions

Watch how to make this recipe.

Heat the oven to 375 degrees F. Coat the inside of a 9 by 5-inch loaf pan with the nonstick spray and set aside.

Whisk together the all-purpose flour, wheat flour, baking powder, salt, sugar, and dill in a large mixing bowl.

Add in the cheese and stir in the beer just to combine.

Spread the batter evenly in the prepared pan.

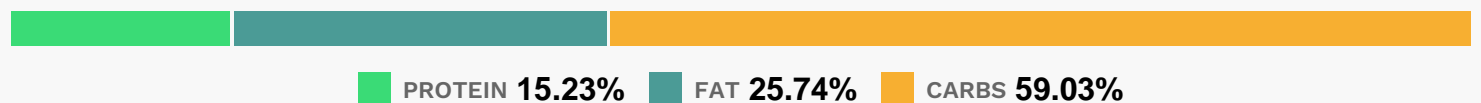
Sprinkle with the sunflower seeds, if using.

Bake on the middle rack of the oven until the bread reaches an internal temperature of 210 degrees F on an instant-read thermometer, about 45 to 55 minutes.

Remove from the oven and cool in the pan for 10 minutes.

Transfer the loaf to a cooling rack for 10 to 15 minutes before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:24.92, Glycemic Load:11.01, Inflammation Score:-3, Nutrition Score:7.0956521832749%

Nutrients (% of daily need)

Calories: 160.96kcal (8.05%), Fat: 4.47g (6.87%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 21.45g (7.8%), Sugar: 0.48g (0.53%), Cholesterol: 10.63mg (3.54%), Sodium: 466.86mg (20.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.89%), Manganese: 0.53mg (26.58%), Selenium: 15.7µg (22.43%), Vitamin B1: 0.21mg (14.08%), Calcium: 140.82mg (14.08%), Phosphorus: 130.25mg (13.03%), Folate: 42.88µg (10.72%), Vitamin B2: 0.16mg (9.35%), Vitamin B3: 1.66mg (8.3%), Iron: 1.39mg (7.73%), Fiber: 1.6g (6.38%), Magnesium: 22.97mg (5.74%), Zinc: 0.81mg (5.41%), Copper: 0.08mg (4.24%), Vitamin B6: 0.07mg (3.27%), Vitamin E: 0.45mg (3.01%), Vitamin A: 108.43IU (2.17%), Potassium: 68.41mg (1.95%), Vitamin B5: 0.19mg (1.93%), Vitamin B12: 0.11µg (1.88%)