



Beer Bread



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

Ingredients

- ☐ 12 ounce beer dark light
- ☐ 3 cups self raising flour
- ☐ 0.3 cup sugar

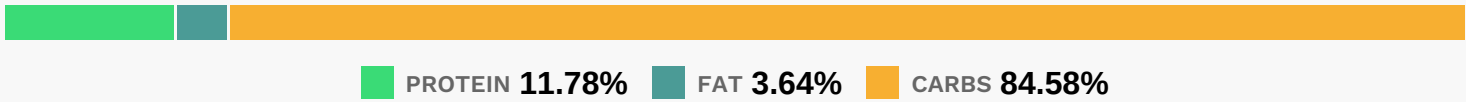
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Stir together all ingredients; spoon dough into a lightly greased 8 1/2- x 4 1/2-inch loafpan.
- ☐ Bake at 375 for 55 to 60 minutes or until golden brown. Cool in pan on wire rack 5 minutes.
- ☐ Remove from pan, and cool on wire rack.
- ☐ Note: For testing purposes only, we used Honey Brown beer.

Nutrition Facts



Properties

Glycemic Index:22.2, Glycemic Load:27, Inflammation Score:-2, Nutrition Score:3.8934782654371%

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: 211.57kcal (10.58%), Fat: 0.8g (1.23%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 41.73g (13.91%), Net Carbohydrates: 40.61g (14.77%), Sugar: 6.38g (7.09%), Cholesterol: 0mg (0%), Sodium: 2.7mg (0.12%), Alcohol: 1.66g (100%), Alcohol %: 2.2% (100%), Protein: 5.81g (11.62%), Selenium: 18.9µg (27%), Manganese: 0.37mg (18.75%), Phosphorus: 51.42mg (5.14%), Folate: 18.02µg (4.51%), Fiber: 1.13g (4.5%), Copper: 0.09mg (4.39%), Magnesium: 14.27mg (3.57%), Vitamin B3: 0.69mg (3.43%), Zinc: 0.4mg (2.69%), Vitamin B1: 0.04mg (2.64%), Iron: 0.43mg (2.41%), Vitamin B2: 0.04mg (2.35%), Vitamin B5: 0.22mg (2.23%), Vitamin B6: 0.04mg (1.85%), Potassium: 58.48mg (1.67%), Vitamin E: 0.19mg (1.25%)