



Beer Bread

 Vegetarian  Dairy Free  Popular

READY IN



65 min.

SERVINGS



12

CALORIES



123 kcal

BREAD

Ingredients

- 3 tsp double-acting baking powder
- 12 ounces beer
- 2 tbsp sugar raw
- 1 tsp salt
- 3 cups flour whole wheat

Equipment

- oven
- mixing bowl

loaf pan

Directions

- Preheat oven to 375 F. Grease a bread pan and set aside. Carefully measure flour and combine in a mixing bowl with remaining dry ingredients.
 - Pour in beer and mix, it will eventually start to form a dough. When dough forms, use your hands to finish combining.
 - Transfer dough to your bread pan, pressing down gently so it spreads out even.
 - Bake for 1 hour.
- Nutritional Information
- Amount Per Serving
 - Calories
 - Fat
 - NA Carbohydrate
 - gDietary Fiber1gSugars3gProtein4g

Nutrition Facts



Properties

Glycemic Index:11.04, Glycemic Load:0.7, Inflammation Score:-3, Nutrition Score:8.2991304483427%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 122.78kcal (6.14%), Fat: 0.75g (1.15%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 24.91g (8.3%), Net Carbohydrates: 21.7g (7.89%), Sugar: 2.11g (2.34%), Cholesterol: 0mg (0%), Sodium: 317.48mg (13.8%), Alcohol: 1.11g (100%), Alcohol %: 2.26% (100%), Protein: 4.09g (8.19%), Manganese: 1.22mg (61.2%), Selenium: 18.71µg (26.73%), Phosphorus: 136.29mg (13.63%), Fiber: 3.21g (12.85%), Magnesium: 43.16mg (10.79%), Vitamin B1: 0.15mg (10.13%), Vitamin B3: 1.63mg (8.16%), Calcium: 79.27mg (7.93%), Iron: 1.22mg (6.79%), Vitamin B6: 0.14mg (6.76%), Copper:

0.12mg (6.24%), Zinc: 0.78mg (5.23%), Folate: 14.9µg (3.73%), Potassium: 117.4mg (3.35%), Vitamin B2: 0.06mg (3.33%), Vitamin B5: 0.19mg (1.93%), Vitamin E: 0.21mg (1.42%)