

Beer Bread I



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



206 kcal

Ingredients

- ☐ 12 fluid ounce bottle beer canned
- ☐ 3 cups self-rising flour
- ☐ 3 tablespoons sugar white

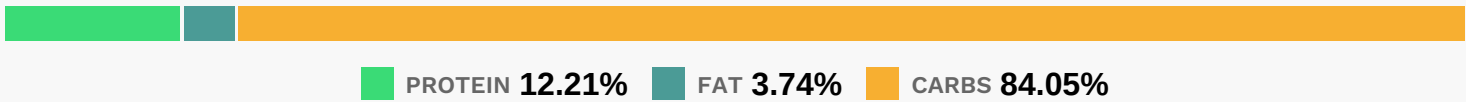
Equipment

- ☐ bowl
- ☐ oven
- ☐ loaf pan
- ☐ wooden spoon

Directions

- ☐ In a large bowl, mix together the sugar and flour.
- ☐ Add beer and continue to mix, first using a wooden spoon, then your hands. Batter will be sticky.
- ☐ Pour into a 9 x 5 inch greased loaf pan.
- ☐ Bake at 350 degrees F (175 degrees) for 50 for 60 minutes. The top will be crunchy, and the insides will be soft.
- ☐ Serve topped with butter or cheese spread.

Nutrition Facts



Properties

Glycemic Index:22.2, Glycemic Load:25.8, Inflammation Score:-2, Nutrition Score:3.9030434847202%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg 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: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 205.62kcal (10.28%), Fat: 0.79g (1.22%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 40.06g (13.35%), Net Carbohydrates: 38.93g (14.16%), Sugar: 4.64g (5.15%), Cholesterol: 0mg (0%), Sodium: 2.76mg (0.12%), Alcohol: 1.73g (100%), Alcohol %: 2.29% (100%), Protein: 5.82g (11.64%), Selenium: 18.9µg (27%), Manganese: 0.38mg (18.75%), Phosphorus: 51.68mg (5.17%), Folate: 18.13µg (4.53%), Fiber: 1.13g (4.5%), Copper: 0.09mg (4.39%), Magnesium: 14.38mg (3.6%), Vitamin B3: 0.7mg (3.48%), Zinc: 0.4mg (2.69%), Vitamin B1: 0.04mg (2.65%), Iron: 0.43mg (2.41%), Vitamin B2: 0.04mg (2.36%), Vitamin B5: 0.22mg (2.23%), Vitamin B6: 0.04mg (1.89%), Potassium: 58.94mg (1.68%), Vitamin E: 0.19mg (1.25%)