



Beer-Cheese Bread

READY IN

ready

45 min.

SERVINGS

servings

16

CALORIES

calories

167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup beer
- ☐ 3.5 cups bread flour divided
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 package yeast dry
- ☐ 1 eggs lightly beaten
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 cup butter
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat

☐ 1 tablespoon sugar

Equipment

☐ bowl

☐ sauce pan

☐ oven

☐ wire rack

☐ blender

☐ aluminum foil

Directions

☐ Combine beer and margarine in a small saucepan; place over medium-low heat until very warm (120 to 130).

☐ Combine 1 1/2 cups flour and next 5 ingredients (1 1/2 cups flour through yeast) in a large bowl.

☐ Add beer mixture and egg; beat at medium speed of a mixer 2 minutes or until smooth. Stir in cheese and 1 1/2 cups flour to form a soft dough.

☐ Turn dough out onto a lightly floured surface. Knead dough until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.

☐ Place in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.

☐ Punch dough down; cover and let rest 10 minutes.

☐ Place in a 1-quart souffl dish coated with cooking spray. Cover and let rise 40 minutes or until doubled in bulk. Preheat oven to 375; bake loaf at 375 for 20 minutes. Cover loosely with foil; bake an additional 20 minutes or until loaf sounds hollow when tapped.

☐ Remove loaf from dish; let cool on a wire rack.

Nutrition Facts



☐ PROTEIN 13.69% ☐ FAT 33.52% ☐ CARBS 52.79%

Properties

Glycemic Index:14.79, Glycemic Load:13.58, Inflammation Score:-3, Nutrition Score:3.9595652018552%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 166.55kcal (8.33%), Fat: 6.04g (9.3%), Saturated Fat: 2.11g (13.2%), Carbohydrates: 21.41g (7.14%), Net Carbohydrates: 20.62g (7.5%), Sugar: 0.87g (0.97%), Cholesterol: 17.32mg (5.77%), Sodium: 157.61mg (6.85%), Alcohol: 0.43g (100%), Alcohol %: 1.03% (100%), Protein: 5.55g (11.11%), Selenium: 13.94µg (19.92%), Manganese: 0.22mg (11.13%), Phosphorus: 70.19mg (7.02%), Calcium: 57.65mg (5.77%), Folate: 22.88µg (5.72%), Vitamin B1: 0.07mg (4.98%), Vitamin B2: 0.08mg (4.85%), Vitamin A: 226.31IU (4.53%), Zinc: 0.57mg (3.79%), Fiber: 0.79g (3.16%), Copper: 0.06mg (2.86%), Vitamin B3: 0.52mg (2.59%), Magnesium: 10.37mg (2.59%), Vitamin B5: 0.26mg (2.58%), Vitamin E: 0.31mg (2.09%), Iron: 0.33mg (1.81%), Vitamin B12: 0.11µg (1.76%), Vitamin B6: 0.03mg (1.63%), Potassium: 46.37mg (1.32%)