

Best Cheese Bread

 Vegetarian

READY IN



65 min.

SERVINGS



10

CALORIES



409 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3.8 cups flour all-purpose
- 2.5 cups cheddar cheese shredded
- 5 teaspoons double-acting baking powder
- 0.5 teaspoon garlic powder
- 0.5 teaspoon optional: dill
- 2 large eggs
- 1.5 cups milk whole
- 0.3 cup canola oil

3 tablespoons honey

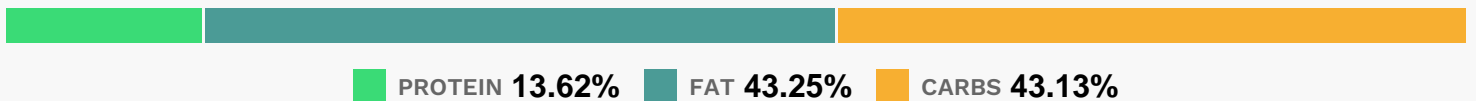
Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- loaf pan
- toothpicks

Directions

- In a large bowl, combine the flour, cheese, baking powder, garlic powder and dill. In another bowl, whisk the eggs, milk, oil and honey. Stir into dry ingredients just until moistened.
- Pour into a greased 9x5-in. loaf pan.
- Bake at 350° for 55–65 minutes or until a toothpick inserted in the center comes out clean (top will have an uneven appearance). Cool for 10 minutes before removing from pan to a wire rack.
- Serve warm. Refrigerate leftovers.

Nutrition Facts



Properties

Glycemic Index:30.43, Glycemic Load:29.93, Inflammation Score:-5, Nutrition Score:13.470869636568%

Nutrients (% of daily need)

Calories: 408.86kcal (20.44%), Fat: 19.65g (30.24%), Saturated Fat: 7.04g (44%), Carbohydrates: 44.1g (14.7%), Net Carbohydrates: 42.8g (15.56%), Sugar: 7.19g (7.99%), Cholesterol: 69.84mg (23.28%), Sodium: 426.15mg (18.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.93g (27.86%), Selenium: 27.74µg (39.63%), Calcium: 375.4mg (37.54%), Phosphorus: 281.47mg (28.15%), Vitamin B2: 0.46mg (26.76%), Vitamin B1: 0.4mg (26.75%), Folate: 96.62µg (24.15%), Manganese: 0.33mg (16.68%), Iron: 2.65mg (14.73%), Vitamin B3: 2.84mg (14.19%), Vitamin E:

1.67mg (11.14%), Zinc: 1.66mg (11.08%), Vitamin B12: 0.59µg (9.77%), Vitamin A: 396.74IU (7.93%), Vitamin B5: 0.62mg (6.17%), Magnesium: 24.32mg (6.08%), Vitamin K: 6.28µg (5.98%), Fiber: 1.3g (5.18%), Vitamin D: 0.77µg (5.15%), Copper: 0.09mg (4.38%), Vitamin B6: 0.08mg (4.17%), Potassium: 146.11mg (4.17%)