



Bisquick® Beer Bread



Vegetarian



Gluten Free



Low Fod Map

READY IN



75 min.

SERVINGS



9

CALORIES



90 kcal

Ingredients

- ☐ 12 oz beer light canned
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup sugar
- ☐ 3 cups frangelico
- ☐ 3 cups frangelico

Equipment

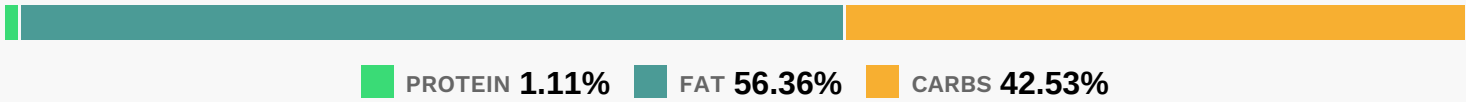
- ☐ bowl
- ☐ frying pan
- ☐ oven

- ☐ whisk
- ☐ loaf pan
- ☐ microwave

Directions

- ☐ Heat oven to 375F. Grease bottom only of 9x5-inch loaf pan with 1 to 2 tablespoons of the butter.
- ☐ In large bowl, stir together Bisquick mix, sugar and beer with whisk until well blended.
- ☐ Pour into pan.
- ☐ Bake 45 to 55 minutes or until golden brown.
- ☐ In small microwavable bowl, microwave remaining 2 to 3 tablespoons butter on High until melted; brush over warm loaf. Cool 15 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:17.84, Glycemic Load:5.72, Inflammation Score:-2, Nutrition Score:0.49086957230516%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg 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: 89.98kcal (4.5%), Fat: 5.14g (7.9%), Saturated Fat: 3.24g (20.26%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 8.72g (3.17%), Sugar: 7.4g (8.22%), Cholesterol: 13.56mg (4.52%), Sodium: 42.13mg (1.83%), Alcohol: 1.47g (100%), Alcohol %: 3.63% (100%), Protein: 0.23g (0.45%), Vitamin A: 157.58IU (3.15%)