



Blue Cheese & Shallot Bread

READY IN



70 min.

SERVINGS



12

CALORIES



170 kcal

BREAD

Ingredients

- 2.5 teaspoons double-acting baking powder
- 0.8 cup cheese blue crumbled
- 0.3 cup butter cold
- 1 eggs
- 2 cups flour all-purpose
- 1 teaspoon ground mustard
- 1 cup milk 2%
- 2 tablespoons parmesan cheese grated
- 1 teaspoon salt

- 0.5 cup shallots chopped
- 1 tablespoon sugar

Equipment

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

Directions

- In a small skillet, saute shallots in butter until tender; set aside.
- In a large bowl, combine the flour, sugar, baking powder, salt and mustard.
- Cut in butter until mixture resembles coarse crumbs. In a small bowl, combine egg and milk. Stir into crumb mixture just until moistened. Fold in cheeses and reserved shallot mixture.
- Transfer to a greased 8-in. x 4-in. loaf pan.
- Bake at 325° for 50–60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to wire rack.

Nutrition Facts



PROTEIN 13.24% **FAT 39.61%** **CARBS 47.15%**

Properties

Glycemic Index:28.67, Glycemic Load:12.87, Inflammation Score:-3, Nutrition Score:5.8917391248371%

Nutrients (% of daily need)

Calories: 170.35kcal (8.52%), Fat: 7.51g (11.55%), Saturated Fat: 4.54g (28.36%), Carbohydrates: 20.1g (6.7%), Net Carbohydrates: 19.2g (6.98%), Sugar: 2.9g (3.22%), Cholesterol: 32.43mg (10.81%), Sodium: 440.23mg (19.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.29%), Selenium: 10.72µg (15.31%), Calcium: 135.02mg (13.5%), Vitamin B1: 0.18mg (12.19%), Folate: 47.68µg (11.92%), Vitamin B2: 0.2mg (11.49%), Phosphorus: 112.48mg (11.25%), Manganese: 0.18mg (9.04%), Iron: 1.29mg (7.18%), Vitamin B3: 1.37mg (6.84%), Vitamin A: 230.07IU (4.6%),

Vitamin B12: 0.26µg (4.32%), Zinc: 0.6mg (4.02%), Vitamin B5: 0.4mg (4.01%), Vitamin B6: 0.07mg (3.62%), Fiber: 0.9g (3.6%), Potassium: 113.54mg (3.24%), Magnesium: 12.43mg (3.11%), Copper: 0.05mg (2.38%), Vitamin E: 0.2mg (1.36%), Vitamin C: 0.84mg (1.02%)