



Bread Baking: Pepper and Jack Beer Bread

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.8 cups flour
- 1 tablespoon double-acting baking powder
- 12 ounces beer
- 2 tablespoons honey
- 3 ounces monterrey jack cheese cubed (or similar)
- 0.3 cup pasilla peppers diced fire roasted seeded
- 1.5 teaspoons salt
- 4 tablespoons butter unsalted

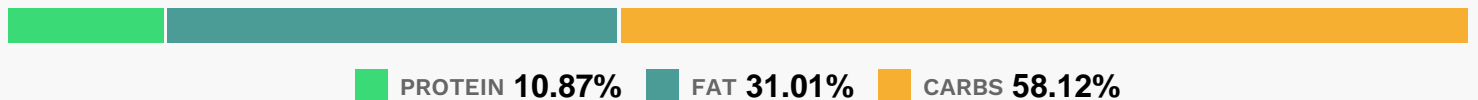
Equipment

- bowl
- frying pan
- oven
- whisk
- loaf pan

Directions

- Preheat the oven to 375°F and spray a loaf pan with baking spray.
- In a medium bowl, combine the flour, baking powder, and salt.
- Whisk to combine – you don't want clumps of baking powder in the bread.
- Add the cheese and peppers and stir to distribute.
- In a small pan, melt the butter and honey together.
- Add this to the flour mixture.
- Add the beer to the flour mixture and stir until everything is incorporated.
- Transfer the mixture to the loaf pan and spread it somewhat evenly in the pan.
- Bake at 375°F for one hour. If you like, about 5 minutes before the bread is done, scrape up the remaining bits of butter and honey from the pan where you melted them, and brush this on top of the bread to encourage browning. If you don't have enough butter left in the pan, melt a little more.
- Let the bread cool on a rack before slicing.

Nutrition Facts



Properties

Glycemic Index:37.1, Glycemic Load:27, Inflammation Score:-5, Nutrition Score:8.5743478692096%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 282.22kcal (14.11%), Fat: 9.33g (14.35%), Saturated Fat: 5.7g (35.6%), Carbohydrates: 39.33g (13.11%), Net Carbohydrates: 38.08g (13.85%), Sugar: 4.6g (5.11%), Cholesterol: 24.51mg (8.17%), Sodium: 662.49mg (28.8%), Alcohol: 1.66g (100%), Alcohol %: 1.82% (100%), Protein: 7.35g (14.71%), Selenium: 16.48µg (23.54%), Vitamin B1: 0.34mg (22.94%), Folate: 83.88µg (20.97%), Calcium: 178.32mg (17.83%), Vitamin B2: 0.27mg (15.88%), Manganese: 0.31mg (15.45%), Vitamin B3: 2.8mg (13.98%), Phosphorus: 135.25mg (13.52%), Iron: 2.29mg (12.71%), Vitamin A: 273.91IU (5.48%), Fiber: 1.25g (5.01%), Vitamin C: 3.77mg (4.57%), Zinc: 0.65mg (4.33%), Magnesium: 16mg (4%), Copper: 0.07mg (3.7%), Vitamin B6: 0.06mg (2.94%), Vitamin B5: 0.24mg (2.44%), Potassium: 79.02mg (2.26%), Vitamin B12: 0.11µg (1.81%), Vitamin E: 0.23mg (1.55%), Vitamin K: 1.23µg (1.17%), Vitamin D: 0.17µg (1.13%)