

Bubba's Beer Bread

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



265 kcal

Ingredients

- ☐ 12 fluid ounce beer room temperature canned
- ☐ 4 ounces cheddar cheese cubed to taste
- ☐ 1 teaspoon optional: dill dried to taste
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon salt
- ☐ 3 cups self-rising flour
- ☐ 3 tablespoons sugar white

Equipment

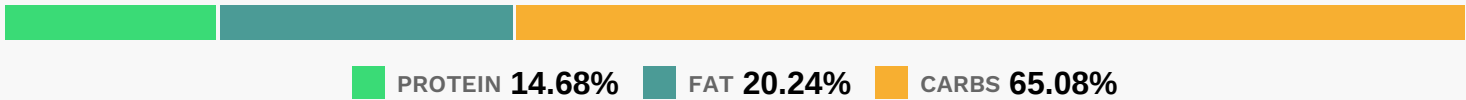
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9 or 10 inch cast iron skillet.
- ☐ In a large bowl, stir together the self-rising flour, sugar, onion powder, dill weed and salt.
- ☐ Pour in the beer, and stir until all of the dry is incorporated. Stir as lightly as possible so as not to deflate the beer. Fold in cheese cubes.
- ☐ Bake for 45 to 60 minutes, or until the top springs back when lightly touched. The bread should rise way above the edge of the pan.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:25.9, Inflammation Score:-3, Nutrition Score:5.7786957258764%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg 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: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 264.62kcal (13.23%), Fat: 5.62g (8.65%), Saturated Fat: 2.84g (17.73%), Carbohydrates: 40.67g (13.56%), Net Carbohydrates: 39.49g (14.36%), Sugar: 4.7g (5.22%), Cholesterol: 14.17mg (4.72%), Sodium: 386.59mg (16.81%), Alcohol: 1.73g (100%), Alcohol %: 1.97% (100%), Protein: 9.17g (18.35%), Selenium: 22.95µg (32.79%), Manganese: 0.39mg (19.27%), Phosphorus: 118.08mg (11.81%), Calcium: 112.44mg (11.24%), Zinc: 0.94mg (6.26%), Vitamin B2: 0.1mg (6.07%), Folate: 21.27µg (5.32%), Magnesium: 19.06mg (4.77%), Copper: 0.09mg (4.74%), Fiber: 1.18g (4.72%), Vitamin B3: 0.71mg (3.54%), Vitamin B1: 0.05mg (3.03%), Vitamin A: 150.28IU (3.01%), Iron: 0.53mg (2.94%), Vitamin B5: 0.28mg (2.84%), Vitamin B12: 0.16µg (2.65%), Vitamin B6: 0.05mg (2.57%), Potassium: 76.51mg (2.19%), Vitamin E: 0.29mg (1.96%)