



Cheddar Cheese Bread

READY IN



60 min.

SERVINGS



16

CALORIES



156 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 tsp calumet baking powder
- 1 eggs beaten
- 2 cups flour
- 0.3 cup butter cold
- 1 cup milk
- 0.3 tsp salt
- 8 oz cracker barrel sharp cheddar cheese shredded
- 1 Tbsp sugar

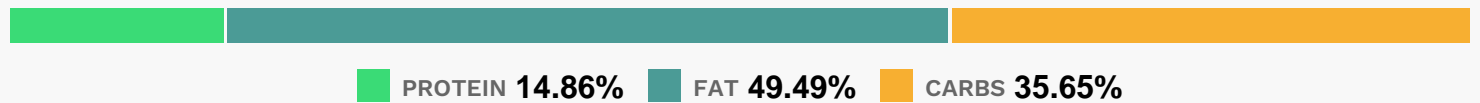
Equipment

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

Directions

- Heat oven to 400F.
- Mix dry ingredients in medium bowl; cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs. Stir in cheese.
- Add combined egg and milk; stir just until moistened.
- Spoon into greased and floured 9x5-inch loaf pan.
- Bake 45 min or until toothpick inserted in center comes out clean. Cool in pan 5 min.
- Remove from pan to wire rack; cool completely.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:9.63, Inflammation Score:-3, Nutrition Score:4.9826086828404%

Nutrients (% of daily need)

Calories: 156.43kcal (7.82%), Fat: 8.58g (13.2%), Saturated Fat: 3.71g (23.17%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 13.49g (4.9%), Sugar: 1.58g (1.76%), Cholesterol: 26.23mg (8.74%), Sodium: 222.19mg (9.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.59%), Calcium: 151.49mg (15.15%), Selenium: 10.45µg (14.93%), Phosphorus: 113.73mg (11.37%), Vitamin B2: 0.17mg (10.28%), Vitamin B1: 0.14mg (9.12%), Folate: 32.9µg (8.22%), Vitamin A: 308.46IU (6.17%), Manganese: 0.11mg (5.48%), Zinc: 0.73mg (4.85%), Vitamin B3: 0.95mg

(4.74%), Iron: 0.85mg (4.71%), Vitamin B12: 0.26µg (4.34%), Magnesium: 9.66mg (2.41%), Vitamin B5: 0.23mg (2.29%), Vitamin D: 0.31µg (2.05%), Vitamin E: 0.26mg (1.75%), Fiber: 0.42g (1.69%), Potassium: 55.91mg (1.6%), Vitamin B6: 0.03mg (1.55%), Copper: 0.03mg (1.47%)