



Cheddar Cheese Bread

READY IN



135 min.

SERVINGS



12

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups self raising flour
- 2 teaspoons ground mustard
- 0.8 cup milk
- 0.5 cup butter melted
- 2 eggs
- 4 oz sharp cheddar cheese shredded
- 1 oz sharp cheddar cheese shredded
- 1 tablespoon butter cut into pieces

Equipment

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

Directions

- Heat oven to 350°F. Grease bottom only of 8x4- or 9x5-inch loaf pan with shortening or cooking spray. In large bowl, stir together flour and mustard.
- In small bowl, mix milk, melted butter and eggs until well blended.
- Add to flour mixture; mix well. Stir in 1 cup cheese.
- Pour batter into pan.
- Sprinkle with 1/4 cup cheese. Top with 1 tablespoon butter.
- Bake 50 to 55 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes.
- Remove from pan to cooling rack. Cool completely, about 1 hour. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

Nutrition Facts

 **PROTEIN 12.42%**  **FAT 57.96%**  **CARBS 29.62%**

Properties

Glycemic Index:13.25, Glycemic Load:10.14, Inflammation Score:-4, Nutrition Score:4.8669564602492%

Nutrients (% of daily need)

Calories: 221.13kcal (11.06%), Fat: 14.22g (21.88%), Saturated Fat: 4.61g (28.83%), Carbohydrates: 16.35g (5.45%), Net Carbohydrates: 15.81g (5.75%), Sugar: 0.89g (0.99%), Cholesterol: 40.92mg (13.64%), Sodium: 194.11mg (8.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.71%), Selenium: 14.85µg (21.21%), Calcium:

113.58mg (11.36%), Vitamin A: 563.24IU (11.26%), Phosphorus: 109.43mg (10.94%), Manganese: 0.18mg (8.85%),
Vitamin B2: 0.12mg (7.29%), Zinc: 0.79mg (5.25%), Vitamin B12: 0.28µg (4.72%), Vitamin E: 0.6mg (4.02%), Folate:
13.45µg (3.36%), Vitamin B5: 0.32mg (3.21%), Magnesium: 12.66mg (3.16%), Vitamin D: 0.39µg (2.57%), Copper:
0.05mg (2.47%), Vitamin B1: 0.04mg (2.35%), Fiber: 0.54g (2.16%), Iron: 0.37mg (2.03%), Potassium: 69.85mg (2%),
Vitamin B6: 0.04mg (2%), Vitamin B3: 0.25mg (1.27%)