



Cheddar Cheese Loaf

READY IN



45 min.

SERVINGS



8

CALORIES



303 kcal

SIDE DISH

Ingredients

- ☐ 3.8 cups baking mix reduced-fat
- ☐ 0.3 cup egg substitute
- ☐ 1.5 cups milk fat-free
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.8 cup sharp cheddar cheese shredded reduced-fat

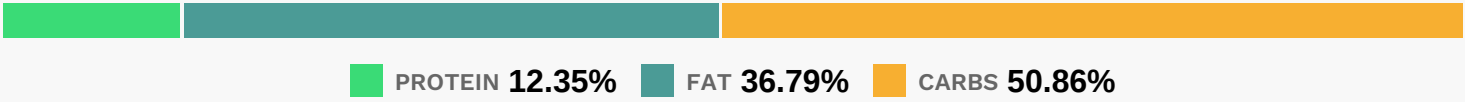
Equipment

- ☐ oven

Directions

- ☐ Combine baking mix and cheese.
- ☐ Add milk, egg substitute, and pepper, stirring 2 minutes or until blended. Spoon into a 9- x 5- inch loafpan coated with cooking spray.
- ☐ Bake loaf at 350 for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:11.53, Glycemic Load:0.82, Inflammation Score:-4, Nutrition Score:10.733478283105%

Nutrients (% of daily need)

Calories: 303.29kcal (15.16%), Fat: 12.31g (18.93%), Saturated Fat: 4.29g (26.8%), Carbohydrates: 38.28g (12.76%), Net Carbohydrates: 37.09g (13.49%), Sugar: 9.06g (10.07%), Cholesterol: 13.1mg (4.37%), Sodium: 820.8mg (35.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.3g (18.6%), Phosphorus: 432.23mg (43.22%), Calcium: 241.74mg (24.17%), Vitamin B1: 0.36mg (24.09%), Vitamin B2: 0.38mg (22.47%), Folate: 74.69µg (18.67%), Selenium: 11.24µg (16.05%), Vitamin B3: 2.63mg (13.14%), Vitamin B12: 0.62µg (10.39%), Manganese: 0.19mg (9.74%), Iron: 1.73mg (9.59%), Vitamin B5: 0.83mg (8.29%), Zinc: 1.01mg (6.72%), Magnesium: 23.61mg (5.9%), Potassium: 193.16mg (5.52%), Fiber: 1.19g (4.76%), Vitamin A: 231.99IU (4.64%), Copper: 0.09mg (4.64%), Vitamin D: 0.69µg (4.59%), Vitamin B6: 0.09mg (4.37%), Vitamin K: 3.95µg (3.76%), Vitamin E: 0.28mg (1.87%)