



Cheddar Chile Beer Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



204 kcal

BREAD

Ingredients

- 1.5 cups flour whole wheat (run a fork through it before measuring)
- 1.5 cups flour all-purpose (run a fork through it before measuring)
- 1 tablespoon double-acting baking powder
- 1 teaspoon salt
- 1.5 teaspoons ground mustard dry
- 12 ounces beer (any kind will work)
- 2 cups extra sharp cheddar cheese shredded white (I used)
- 4 ounces chiles green with juices chopped canned

- 1 teaspoon sesame seed
- 1 teaspoon poppy seeds
- 1 teaspoon caraway seeds
- 0.3 teaspoon sea salt

Equipment

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

Directions

- Preheat oven to 425 degrees. Grease a loaf pan.
- In a large bowl whisk together the dry ingredients.
- Add the green chiles, cheddar, and beer. Stir until combined. Batter will be very thick.
- Scrape it out into the loaf and spread it out evenly.
- Sprinkle the seeds and salt over the top. Gently press them into the batter using your fingers.
- Turn oven down to 400 degrees.
- Bake for 45-50 minutes until a toothpick comes out clean from center.
- Cool on wire rack 15 minutes, turn out from pan and continue cooling while you sample!

Nutrition Facts



PROTEIN 16.76% **FAT 32.76%** **CARBS 50.48%**

Properties

Glycemic Index:22.88, Glycemic Load:9.42, Inflammation Score:-4, Nutrition Score:9.6069565217391%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 203.51kcal (10.18%), Fat: 7.26g (11.17%), Saturated Fat: 3.74g (23.35%), Carbohydrates: 25.16g (8.39%), Net Carbohydrates: 22.81g (8.29%), Sugar: 0.19g (0.21%), Cholesterol: 18.83mg (6.28%), Sodium: 510.81mg (22.21%), Alcohol: 1.11g (6.14%), Protein: 8.35g (16.71%), Manganese: 0.75mg (37.53%), Selenium: 20.73µg (29.61%), Calcium: 211.07mg (21.11%), Phosphorus: 189.84mg (18.98%), Vitamin B1: 0.21mg (14.13%), Folate: 46.74µg (11.69%), Vitamin B2: 0.2mg (11.58%), Vitamin B3: 1.91mg (9.54%), Fiber: 2.35g (9.41%), Iron: 1.64mg (9.1%), Magnesium: 34.24mg (8.56%), Zinc: 1.26mg (8.4%), Vitamin B6: 0.11mg (5.44%), Copper: 0.11mg (5.3%), Vitamin A: 202.66IU (4.05%), Vitamin C: 3.29mg (3.98%), Vitamin B12: 0.21µg (3.42%), Potassium: 110.93mg (3.17%), Vitamin B5: 0.26mg (2.59%), Vitamin E: 0.28mg (1.86%)