



## Cheddar-Chive Beer Bread

READY IN



45 min.

SERVINGS



8

CALORIES



330 kcal

### Ingredients

- 12 ounce beer
- 0.3 cup butter melted
- 2 tablespoons chives fresh chopped
- 3 cups self-rising flour
- 0.8 cup sharp cheddar cheese shredded
- 0.5 cup sugar

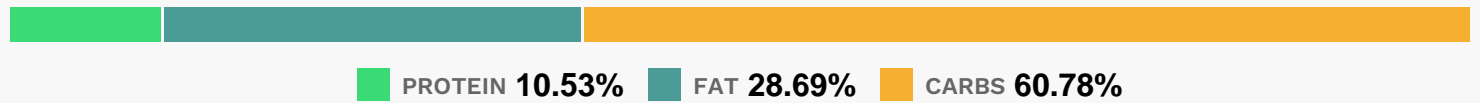
### Equipment

- oven
- loaf pan

## Directions

- Stir together first 5 ingredients; pour into a lightly greased 9- x 5-inch loaf pan.
- Bake at 350 for 45 minutes.
- Pour melted butter over top.
- Bake 10 more minutes.
- \*Non-alcoholic or light beer may be substituted.

## Nutrition Facts



## Properties

Glycemic Index:31.2, Glycemic Load:31.44, Inflammation Score:-4, Nutrition Score:5.6952174267043%

## Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 330.08kcal (16.5%), Fat: 10.14g (15.59%), Saturated Fat: 3.33g (20.84%), Carbohydrates: 48.31g (16.1%), Net Carbohydrates: 47.17g (17.15%), Sugar: 12.67g (14.08%), Cholesterol: 10.59mg (3.53%), Sodium: 138.96mg (6.04%), Alcohol: 1.66g (100%), Alcohol %: 1.75% (100%), Protein: 8.37g (16.74%), Selenium: 21.94µg (31.35%), Manganese: 0.38mg (18.95%), Phosphorus: 102.01mg (10.2%), Calcium: 86.57mg (8.66%), Vitamin A: 393.48IU (7.87%), Vitamin B2: 0.09mg (5.37%), Zinc: 0.8mg (5.31%), Folate: 21.1µg (5.28%), Copper: 0.09mg (4.65%), Fiber: 1.14g (4.57%), Magnesium: 17.66mg (4.41%), Vitamin B3: 0.7mg (3.49%), Vitamin E: 0.49mg (3.26%), Vitamin B1: 0.04mg (2.93%), Vitamin B5: 0.27mg (2.75%), Iron: 0.47mg (2.59%), Vitamin B6: 0.05mg (2.29%), Vitamin B12: 0.13µg (2.13%), Potassium: 71.96mg (2.06%), Vitamin K: 1.99µg (1.9%)