



Cheddar-Dill Bread

READY IN



80 min.

SERVINGS



20

CALORIES



177 kcal

BREAD

Ingredients

- 0.3 cup butter cold
- 5 tsp calumet baking powder
- 1 tsp dill weed
- 2 eggs
- 3.8 cups flour
- 1.5 cups milk
- 0.5 tsp salt
- 8 oz cracker barrel sharp cheddar cheese shredded

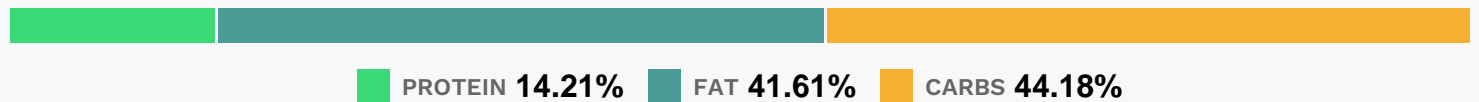
Equipment

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

Directions

- Heat oven to 375F.
- Mix flour, baking powder, salt and dill weed in large bowl; cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs. Stir in cheese.
- Whisk eggs and milk until blended.
- Add to flour mixture; stir just until moistened. Spoon into 9x5-inch loaf pan sprayed with cooking spray.
- Bake 1 hour or until toothpick inserted in center comes out clean. Immediately remove bread from pan; cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:12.35, Glycemic Load:13.65, Inflammation Score:-4, Nutrition Score:6.2660870556112%

Nutrients (% of daily need)

Calories: 176.72kcal (8.84%), Fat: 8.13g (12.52%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 18.79g (6.83%), Sugar: 1g (1.11%), Cholesterol: 29.9mg (9.97%), Sodium: 314.15mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.5%), Selenium: 12.86µg (18.37%), Calcium: 183.29mg (18.33%),

Vitamin B1: 0.2mg (13.31%), Phosphorus: 132.7mg (13.27%), Vitamin B2: 0.21mg (12.5%), Folate: 47.39µg (11.85%), Manganese: 0.16mg (8.16%), Iron: 1.32mg (7.34%), Vitamin B3: 1.41mg (7.07%), Vitamin A: 302.75IU (6.05%), Zinc: 0.71mg (4.75%), Vitamin B12: 0.26µg (4.37%), Vitamin B5: 0.29mg (2.88%), Magnesium: 11.4mg (2.85%), Fiber: 0.64g (2.54%), Vitamin D: 0.36µg (2.38%), Copper: 0.04mg (2.05%), Potassium: 69.22mg (1.98%), Vitamin B6: 0.04mg (1.86%), Vitamin E: 0.27mg (1.81%)