



## Cheddar-Nut Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



294 kcal

### Ingredients

- ☐ 3.8 cups baking mix all-purpose
- ☐ 1 large eggs
- ☐ 12 ounce evaporated milk canned
- ☐ 0.5 cup pecans toasted chopped
- ☐ 1.5 cups cheddar cheese shredded

### Equipment

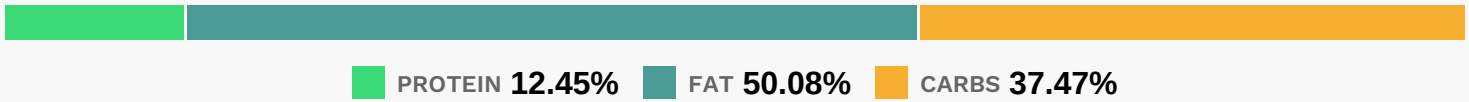
- ☐ bowl
- ☐ oven

# Directions

- ☐
- Combine baking mix and cheese in a large bowl; make a well in center of mixture. Stir together egg and milk; add to dry ingredients, stirring just until moistened. Stir in toasted pecans, and spoon into greased muffin pans, filling two-thirds full.

☐

## Nutrition Facts



## Properties

Glycemic Index:3.08, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:9.46086957662%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

## Nutrients (% of daily need)

Calories: 293.74kcal (14.69%), Fat: 16.39g (25.21%), Saturated Fat: 5.91g (36.95%), Carbohydrates: 27.59g (9.2%), Net Carbohydrates: 26.37g (9.59%), Sugar: 7.46g (8.29%), Cholesterol: 38.6mg (12.87%), Sodium: 606.84mg (26.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.16g (18.33%), Phosphorus: 362.45mg (36.24%), Calcium: 246.49mg (24.65%), Vitamin B2: 0.34mg (20.04%), Vitamin B1: 0.26mg (17.65%), Manganese: 0.34mg (16.81%), Folate: 55.07µg (13.77%), Selenium: 8.91µg (12.73%), Vitamin B3: 1.82mg (9.11%), Zinc: 1.22mg (8.14%), Iron: 1.3mg (7.24%), Vitamin B5: 0.67mg (6.74%), Magnesium: 25.99mg (6.5%), Vitamin B12: 0.38µg (6.31%), Copper: 0.12mg (6.22%), Potassium: 182.27mg (5.21%), Fiber: 1.22g (4.89%), Vitamin A: 235.83IU (4.72%), Vitamin B6: 0.07mg (3.45%), Vitamin K: 3.12µg (2.97%), Vitamin E: 0.31mg (2.05%), Vitamin D: 0.2µg (1.31%)