



Cheesy bonfire bread

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



450 kcal

BREAD

Ingredients

- ☐ 200 g flour
- ☐ 200 g flour plain for dusting
- ☐ 1 tsp baking soda
- ☐ 2 tsp cream of tartar
- ☐ 1 tsp salt
- ☐ 1 tsp sugar
- ☐ 25 g butter melted
- ☐ 300 ml milk at room temperature

- ☐ 175 g cheddar cheese grated
- ☐ 3 tbsp pumpkin seeds
- ☐ 85 g roasted peppers drained chopped

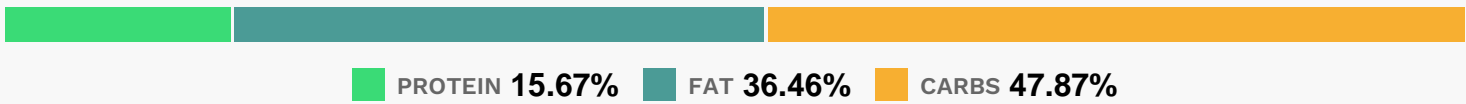
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Sift the dry ingredients into a large bowl and make a large well in the middle.
- ☐ Combine the melted butter and milk, then pour into the well.
- ☐ Mix to a soft dough.
- ☐ Dust the work surface with flour.
- ☐ Add most of the cheddar, 2 tbsp of the pumpkin seeds and the chopped peppers to the dough. Gently knead to combine on the floured surface. Divide into eight lumps and shape into rough rounds two finger-widths deep.
- ☐ Put the pieces side by side on a floured baking sheet, scatter the remaining cheddar and pumpkin seeds over the top and bake for 30 mins until golden brown and the cheese is bubbling. Cool on a wire rack and eat while warm. Can be frozen at this point. To reheat, wrap the bread tightly in foil and bake at 200C/180C fan/gas 6 for about 30 mins.

Nutrition Facts



Properties

Glycemic Index:45.02, Glycemic Load:20.02, Inflammation Score:-7, Nutrition Score:21.343913005746%

Nutrients (% of daily need)

Calories: 450.26kcal (22.51%), Fat: 18.6g (28.62%), Saturated Fat: 9.34g (58.34%), Carbohydrates: 54.95g (18.32%), Net Carbohydrates: 50.01g (18.19%), Sugar: 3.57g (3.97%), Cholesterol: 44.31mg (14.77%), Sodium: 1030.63mg (44.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.99%), Manganese: 1.84mg (92.04%), Selenium: 41.7µg (59.57%), Phosphorus: 406.2mg (40.62%), Vitamin B1: 0.48mg (32.25%), Calcium: 295.4mg (29.54%), Vitamin B2: 0.43mg (25.46%), Magnesium: 98.33mg (24.58%), Folate: 87.08µg (21.77%), Vitamin B3: 4.02mg (20.09%), Fiber: 4.94g (19.75%), Iron: 3.39mg (18.83%), Zinc: 2.81mg (18.71%), Copper: 0.28mg (14.13%), Potassium: 483.7mg (13.82%), Vitamin B6: 0.23mg (11.72%), Vitamin A: 557.38IU (11.15%), Vitamin B12: 0.59µg (9.91%), Vitamin C: 6.68mg (8.1%), Vitamin B5: 0.71mg (7.07%), Vitamin D: 0.74µg (4.95%), Vitamin E: 0.71mg (4.71%), Vitamin K: 2.24µg (2.14%)