

# Cheesy Onion Quick Bread

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



107 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1.5 cups baking mix reduced-fat
- 1 tablespoon butter
- 1 eggs lightly beaten
- 0.5 cup skim milk fat-free
- 4 ounces cheddar cheese shredded divided reduced-fat
- 1 teaspoon olive oil
- 1 medium onion chopped
- 2 teaspoons poppy seeds

## Equipment

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

## Directions

- In a small nonstick skillet, saute onion in oil until tender; set aside.
- Place biscuit mix in a large bowl. In a small bowl, whisk egg and milk. Stir into the biscuit mix just until moistened. Stir in the onion mixture, 1/2 cup cheese and poppy seeds.
- Transfer to an 8-in. x 4-in. loaf pan coated with cooking spray.
- Sprinkle with the remaining cheese.
- Drizzle with butter.
- Bake at 400° for 20–25 minutes or until a toothpick inserted near the center comes out clean and loaf is golden brown. Cool for 10 minutes before removing from pan to a wire rack to cool completely. Store in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:9.6, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:3.821304295374%

## Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

## Nutrients (% of daily need)

Calories: 106.87kcal (5.34%), Fat: 4.82g (7.42%), Saturated Fat: 1.8g (11.23%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 10.63g (3.87%), Sugar: 2.73g (3.03%), Cholesterol: 18.74mg (6.25%), Sodium: 266.63mg (11.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.03%), Phosphorus: 158.96mg (15.9%), Calcium: 91.18mg (9.12%), Vitamin B2: 0.12mg (7.06%), Vitamin B1: 0.1mg (6.87%), Folate: 23.9µg (5.98%), Selenium: 3.95µg (5.64%), Manganese: 0.1mg (4.91%), Vitamin B3: 0.72mg (3.58%), Vitamin B12: 0.2µg (3.31%), Iron: 0.59mg (3.28%), Zinc: 0.41mg (2.74%), Vitamin B5: 0.26mg (2.57%), Magnesium: 9.6mg (2.4%), Fiber: 0.57g (2.27%), Potassium: 70.06mg (2%), Vitamin B6: 0.04mg (2%), Copper: 0.04mg (1.98%), Vitamin A: 90.12IU (1.8%), Vitamin K: 1.36µg (1.3%), Vitamin D: 0.2µg (1.3%)