



Cowboy Jack's Beer Bread

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



361 kcal

BREAD

Ingredients

- 0.5 teaspoon double-acting baking powder
- 12 fluid ounce beer canned
- 0.7 cup brown sugar
- 0.5 cup butter melted
- 3 cups flour

Equipment

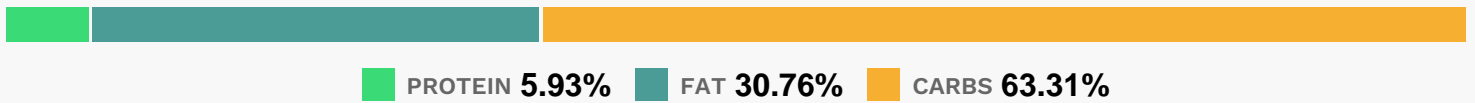
- frying pan
- oven

- knife
- mixing bowl
- loaf pan

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x5 inch loaf pan.
- Beat the beer and brown sugar together in a mixing bowl to make a smooth mixture.
- Add the baking powder, and gradually stir in the flour to make a smooth dough.
- Pour the batter into the prepared pan.
- Bake in preheated oven for 40 minutes.
- Remove the bread from the oven, and pour melted butter over the top. Return to the oven, and continue baking until a knife inserted in the center comes out clean, about 10 minutes more. Cool in pan 5 minutes before turning out onto a rack. Cool bread 10 minutes more before slicing.

Nutrition Facts



Properties

Glycemic Index:32.19, Glycemic Load:26.58, Inflammation Score:-5, Nutrition Score:7.5956522252249%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 361.22kcal (18.06%), Fat: 11.97g (18.41%), Saturated Fat: 7.36g (46.03%), Carbohydrates: 55.41g (18.47%), Net Carbohydrates: 54.14g (19.69%), Sugar: 17.92g (19.91%), Cholesterol: 30.5mg (10.17%), Sodium: 125.57mg (5.46%), Alcohol: 1.73g (100%), Alcohol %: 1.77% (100%), Protein: 5.19g (10.38%), Vitamin B1: 0.37mg (24.73%), Selenium: 16.52µg (23.6%), Folate: 89.05µg (22.26%), Manganese: 0.34mg (16.75%), Vitamin B3: 3.02mg (15.11%), Vitamin B2: 0.25mg (14.56%), Iron: 2.34mg (13.02%), Vitamin A: 354.55IU (7.09%), Phosphorus: 66.45mg (6.65%), Fiber: 1.27g (5.06%), Calcium: 42.12mg (4.21%), Copper: 0.08mg (3.92%), Magnesium: 14.98mg (3.74%), Vitamin B5:

0.26mg (2.63%), Potassium: 89.97mg (2.57%), Vitamin B6: 0.05mg (2.45%), Vitamin E: 0.36mg (2.38%), Zinc:
0.35mg (2.34%), Vitamin K: 1.13µg (1.08%)