



Easy Beer Bread Mix

 Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



178 kcal

BREAD

Ingredients

- 1 teaspoon double-acting baking powder
- 12 fluid ounce beer canned
- 0.3 cup brown sugar
- 0.3 cup butter melted
- 0.5 cup flour all-purpose
- 0.8 teaspoon seasoning italian
- 0.5 teaspoon onion powder
- 0.5 teaspoon salt

2.5 cups self raising flour

Equipment

bowl

oven

wire rack

baking pan

toothpicks

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x5 inch baking pan.

In a bowl, mix the self-rising flour, all-purpose flour, brown sugar, baking powder, salt, onion powder, and Italian seasoning.

Pour in the beer, and mix just until moistened.

Transfer to the prepared baking pan. Top with the melted butter.

Bake 45 to 55 minutes in the preheated oven, until a toothpick inserted in the center comes out clean. Cool on a wire rack.

Nutrition Facts



PROTEIN 9.15% **FAT 22.89%** **CARBS 67.96%**

Properties

Glycemic Index:23.29, Glycemic Load:15.62, Inflammation Score:-3, Nutrition Score:3.4391304063408%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 177.9kcal (8.89%), Fat: 4.3g (6.61%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 27.86g (10.13%), Sugar: 4.55g (5.06%), Cholesterol: 0mg (0%), Sodium: 180.01mg (7.83%), Alcohol: 1.15g (100%), Alcohol %: 2.06% (100%), Protein: 3.86g (7.72%), Selenium: 12.35µg (17.65%), Manganese: 0.25mg (12.73%), Folate: 20.34µg (5.09%), Phosphorus: 44.05mg (4.41%), Vitamin B1: 0.06mg (4.28%), Vitamin B3: 0.73mg (3.66%), Vitamin A: 171.81IU (3.44%), Iron: 0.6mg (3.34%), Fiber: 0.83g (3.33%), Calcium: 33.06mg (3.31%), Vitamin B2: 0.05mg (3.01%), Copper: 0.06mg (3%), Magnesium: 10.51mg (2.63%), Vitamin E: 0.28mg (1.85%), Zinc: 0.27mg (1.79%), Vitamin B5: 0.16mg (1.61%), Vitamin B6: 0.03mg (1.49%), Potassium: 50.16mg (1.43%)