



Easy Roman Cheese Bread

READY IN



60 min.

SERVINGS



12

CALORIES



225 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 ounce active yeast dry
- 0.3 cup butter melted
- 6 eggs
- 2.5 cups flour all-purpose
- 1 cup milk lukewarm
- 1.5 cups romano cheese grated

Equipment

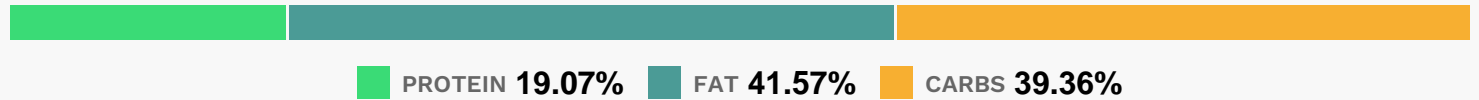
- bowl

- oven
- loaf pan

Directions

- In a small bowl, stir together milk and yeast; set aside.
- In a separate bowl, combine flour, eggs, yeast mixture, cheese and butter; mix well. Spoon batter into two lightly greased 9x5 inch loaf pans.
- Let rise until doubled, about 60 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C).
- Bake in preheated oven for 35 to 45 minutes, until golden brown and bottom of loaf sounds hollow when tapped.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:14.86, Inflammation Score:-4, Nutrition Score:9.2930434164794%

Nutrients (% of daily need)

Calories: 224.57kcal (11.23%), Fat: 10.29g (15.83%), Saturated Fat: 5.69g (35.56%), Carbohydrates: 21.92g (7.31%), Net Carbohydrates: 20.9g (7.6%), Sugar: 1.22g (1.36%), Cholesterol: 107.45mg (35.82%), Sodium: 220.5mg (9.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.62g (21.24%), Selenium: 17.92µg (25.6%), Vitamin B1: 0.36mg (23.96%), Folate: 86.65µg (21.66%), Vitamin B2: 0.35mg (20.73%), Phosphorus: 195.88mg (19.59%), Calcium: 175.73mg (17.57%), Vitamin B3: 2.06mg (10.31%), Manganese: 0.19mg (9.54%), Iron: 1.72mg (9.53%), Vitamin B12: 0.45µg (7.57%), Vitamin B5: 0.74mg (7.45%), Zinc: 0.97mg (6.47%), Vitamin A: 321.8IU (6.44%), Vitamin D: 0.73µg (4.84%), Vitamin B6: 0.09mg (4.49%), Magnesium: 16.67mg (4.17%), Fiber: 1.02g (4.08%), Potassium: 111.89mg (3.2%), Copper: 0.06mg (3.12%), Vitamin E: 0.4mg (2.64%)