

French Ham and Cheese Quick Bread

READY IN



105 min.

SERVINGS



8

CALORIES



343 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.3 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 teaspoon pepper black freshly ground
- 2 large eggs
- 2.5 cups flour all-purpose
- 3.5 ounces gruyere cheese shredded
- 7 ounces ham cooked
- 1.3 ounces olives pitted
- 0.5 teaspoon salt fine

- 4 tablespoons butter unsalted melted plus more for coating the pan ()
- 0.8 cup milk whole

Equipment

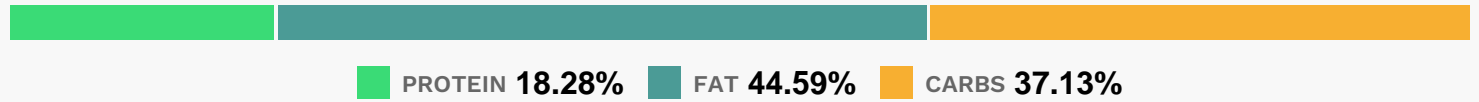
- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- loaf pan
- toothpicks
- spatula

Directions

- Heat the oven to 350°F and arrange a rack in the middle. Generously coat a metal 9-by-5-inch loaf pan with butter; set aside.
- Whisk the flour, baking powder, salt, baking soda, and pepper together in a large bowl until aerated and any large lumps are broken up.
- Add the cheese, ham, and olives and toss in the flour mixture until the pieces are separated and evenly coated; set aside.
- Place the eggs, milk, and melted butter in a medium bowl and whisk until smooth.
- Add this egg mixture to the flour mixture and stir until the flour is just incorporated, being careful not to overmix (a few streaks of flour are OK; the batter will be very thick). Using a rubber spatula, scrape the batter into the prepared pan, pushing it into the corners and smoothing the top.
- Bake until the bread is golden brown all over and a toothpick inserted into the center comes out clean (test several spots because you may hit a pocket of cheese), about 40 to 45 minutes.
- Place the pan on a wire rack to cool for 15 minutes. Run a knife around the perimeter of the bread and turn it out onto the rack.

Let it cool for at least 30 minutes more before slicing.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:22.26, Inflammation Score:-5, Nutrition Score:12.097826185434%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 342.66kcal (17.13%), Fat: 16.83g (25.89%), Saturated Fat: 8.39g (52.45%), Carbohydrates: 31.54g (10.51%), Net Carbohydrates: 30.32g (11.02%), Sugar: 1.33g (1.47%), Cholesterol: 93.32mg (31.11%), Sodium: 778.9mg (33.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.52g (31.04%), Selenium: 25.06µg (35.8%), Vitamin B1: 0.48mg (32.15%), Phosphorus: 244.77mg (24.48%), Calcium: 238.46mg (23.85%), Vitamin B2: 0.37mg (21.99%), Folate: 79.7µg (19.92%), Vitamin B3: 3.47mg (17.37%), Manganese: 0.29mg (14.26%), Iron: 2.42mg (13.46%), Zinc: 1.6mg (10.65%), Vitamin B12: 0.6µg (10.06%), Vitamin A: 414.82IU (8.3%), Vitamin B6: 0.16mg (7.92%), Vitamin B5: 0.64mg (6.41%), Magnesium: 23.06mg (5.76%), Vitamin D: 0.85µg (5.7%), Potassium: 178.98mg (5.11%), Copper: 0.1mg (4.88%), Fiber: 1.22g (4.88%), Vitamin E: 0.62mg (4.15%), Vitamin K: 1.21µg (1.15%)