

Garlic Cheese Quick Bread

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



349 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 3 cups self raising flour
- 1 cup sharp cheddar cheese shredded
- 0.3 cup sugar
- 1 teaspoon garlic powder
- 1.5 cups milk whole
- 0.3 cup vegetable oil
- 1 large eggs

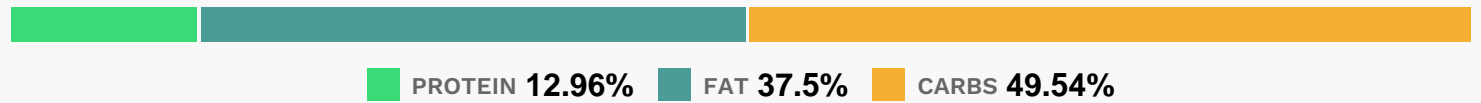
Equipment

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

Directions

- In a large bowl, combine flour, cheese, sugar and garlic powder. In another bowl, whisk the milk, oil and egg. Stir into dry ingredients just until moistened.
- Pour into a greased 9x5-in. loaf pan.
- Bake at 350° for 55–66 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack.

Nutrition Facts



Properties

Glycemic Index:25.89, Glycemic Load:27.31, Inflammation Score:-3, Nutrition Score:8.1778261458258%

Nutrients (% of daily need)

Calories: 348.76kcal (17.44%), Fat: 14.47g (22.27%), Saturated Fat: 4.91g (30.71%), Carbohydrates: 43.02g (14.34%), Net Carbohydrates: 41.86g (15.22%), Sugar: 8.66g (9.62%), Cholesterol: 42.87mg (14.29%), Sodium: 119.86mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.26g (22.51%), Selenium: 25.52µg (36.46%), Manganese: 0.38mg (19.01%), Phosphorus: 170.3mg (17.03%), Calcium: 167.03mg (16.7%), Vitamin K: 13.17µg (12.54%), Vitamin B2: 0.18mg (10.81%), Zinc: 1.2mg (7.98%), Vitamin B12: 0.45µg (7.54%), Vitamin E: 0.94mg (6.28%), Magnesium: 22.06mg (5.52%), Folate: 21.55µg (5.39%), Vitamin B5: 0.53mg (5.33%), Vitamin A: 250.34IU (5.01%), Copper: 0.1mg (4.87%), Vitamin B1: 0.07mg (4.76%), Vitamin D: 0.71µg (4.75%), Fiber: 1.16g (4.64%), Potassium: 139.6mg (3.99%), Vitamin B6: 0.07mg (3.59%), Iron: 0.58mg (3.22%), Vitamin B3: 0.53mg (2.66%)