



WHATSheATE

Green Chile Cheese Beer Bread



Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



332 kcal

Ingredients

- ☐ 1 cup chile pepper green chopped
- ☐ 3 cups self-rising flour
- ☐ 1 cup cheddar cheese shredded
- ☐ 3 tablespoons sugar white

Equipment

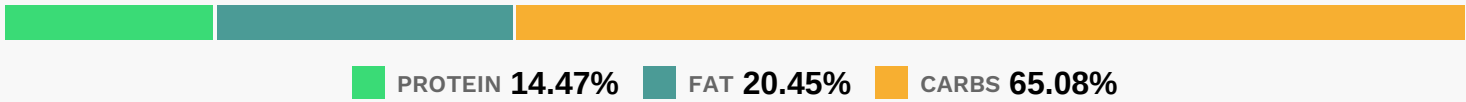
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender

☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
- ☐ Blend green chiles and cheese together in a blender until smooth.
- ☐ In a large bowl, stir together chile mixture, flour, sugar and beer together in a large mixing bowl until you get a sticky dough. Scoop dough into prepared pan.
- ☐ Bake in preheated oven for 60 minutes, or until the top is golden brown and the loaf sounds hollow when tapped.

Nutrition Facts



Properties

Glycemic Index:27.35, Glycemic Load:33.68, Inflammation Score:-3, Nutrition Score:7.4486956648205%

Nutrients (% of daily need)

Calories: 332.32kcal (16.62%), Fat: 7.46g (11.48%), Saturated Fat: 3.77g (23.55%), Carbohydrates: 53.43g (17.81%), Net Carbohydrates: 51.11g (18.59%), Sugar: 7.08g (7.86%), Cholesterol: 18.83mg (6.28%), Sodium: 207.73mg (9.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.88g (23.75%), Selenium: 30.18µg (43.11%), Manganese: 0.5mg (24.86%), Phosphorus: 146.88mg (14.69%), Calcium: 142.59mg (14.26%), Fiber: 2.33g (9.3%), Zinc: 1.22mg (8.15%), Vitamin B2: 0.12mg (7.16%), Folate: 24.58µg (6.14%), Copper: 0.12mg (6.02%), Magnesium: 20.71mg (5.18%), Vitamin A: 189.96IU (3.8%), Vitamin B1: 0.06mg (3.7%), Vitamin C: 3mg (3.64%), Vitamin B5: 0.35mg (3.52%), Vitamin B12: 0.2µg (3.33%), Iron: 0.6mg (3.31%), Vitamin B3: 0.63mg (3.17%), Vitamin E: 0.39mg (2.61%), Potassium: 77.12mg (2.2%), Vitamin B6: 0.04mg (1.81%)