



## Gruyère Bread Ring

READY IN



70 min.

SERVINGS



12

CALORIES



178 kcal

### Ingredients

- ☐ 1 cup milk
- ☐ 0.5 cup butter
- ☐ 1 cup flour all-purpose
- ☐ 4 eggs slightly beaten
- ☐ 4 ounces gruyere cheese shredded

### Equipment

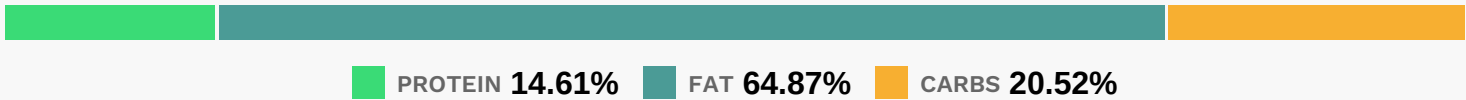
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

☐ spatula

## Directions

- ☐ Heat oven to 400°F. Grease 2 cookie sheets.
- ☐ Heat milk and butter to rolling boil in 2–quart saucepan. Stir in flour. Stir vigorously over low heat about 1 minute or until mixture forms a ball; remove from heat. Beat in eggs all at once; continue beating until smooth. Fold in 2/3 cup of the cheese.
- ☐ Divide dough in half. Drop dough by tablespoonfuls onto cookie sheet to form two 4–inch rings; smooth with spatula.
- ☐ Sprinkle with remaining 1/3 cup cheese.
- ☐ Bake 50 to 60 minutes or until puffed and golden.

## Nutrition Facts



## Properties

Glycemic Index:9.42, Glycemic Load:6.11, Inflammation Score:–4, Nutrition Score:5.1473913408168%

## Nutrients (% of daily need)

Calories: 178.12kcal (8.91%), Fat: 12.81g (19.71%), Saturated Fat: 4.22g (26.37%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 8.84g (3.22%), Sugar: 1.09g (1.22%), Cholesterol: 67.39mg (22.46%), Sodium: 185.43mg (8.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.98%), Selenium: 9.79µg (13.99%), Calcium: 133.07mg (13.31%), Phosphorus: 120.17mg (12.02%), Vitamin A: 540.05IU (10.8%), Vitamin B2: 0.18mg (10.38%), Vitamin B1: 0.11mg (7.04%), Folate: 27µg (6.75%), Vitamin B12: 0.4µg (6.68%), Zinc: 0.71mg (4.76%), Iron: 0.76mg (4.2%), Vitamin B5: 0.41mg (4.07%), Manganese: 0.08mg (3.88%), Vitamin D: 0.57µg (3.82%), Vitamin B3: 0.66mg (3.3%), Vitamin E: 0.49mg (3.27%), Magnesium: 10.18mg (2.54%), Vitamin B6: 0.05mg (2.52%), Potassium: 73.51mg (2.1%), Copper: 0.03mg (1.44%), Fiber: 0.28g (1.13%)