



Honey Oat Beer Bread

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



242 kcal

BREAD

Ingredients

- 1 tablespoon double-acting baking powder
- 12 fluid ounce beer
- 1 teaspoon brown sugar
- 0.3 cup butter melted
- 2 cups flour all-purpose
- 1 tablespoon honey
- 1.3 cups rolled oats
- 1 teaspoon salt

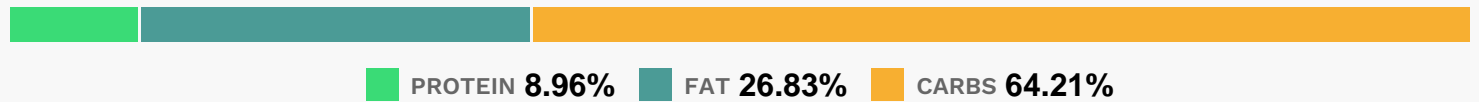
Equipment

- bowl
- oven
- knife
- loaf pan

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease a 9x5 inch loaf pan.
- In a medium bowl, stir together the flour, oats, baking powder, salt and brown sugar.
- Drizzle honey over the dry ingredients, then pour the beer on top.
- Mix just until blended. Spoon into the prepared loaf pan.
- Drizzle melted butter over the top.
- Bake for 25 to 30 minutes in the preheated oven, or until golden brown. A knife inserted into the top of the loaf should come out clean.

Nutrition Facts



Properties

Glycemic Index:43.72, Glycemic Load:22.32, Inflammation Score:-5, Nutrition Score:8.1813043947129%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 242.38kcal (12.12%), Fat: 6.89g (10.59%), Saturated Fat: 3.84g (23.97%), Carbohydrates: 37.07g (12.36%), Net Carbohydrates: 34.94g (12.71%), Sugar: 2.85g (3.17%), Cholesterol: 15.25mg (5.08%), Sodium: 498.7mg (21.68%), Alcohol: 1.73g (100%), Alcohol %: 2.18% (100%), Protein: 5.17g (10.35%), Manganese: 0.68mg (33.99%),

Selenium: 14.62µg (20.89%), Vitamin B1: 0.31mg (20.41%), Folate: 64.17µg (16.04%), Phosphorus: 126.59mg (12.66%), Iron: 2.18mg (12.12%), Vitamin B3: 2.22mg (11.11%), Vitamin B2: 0.19mg (11.09%), Calcium: 103.64mg (10.36%), Fiber: 2.13g (8.53%), Magnesium: 27.67mg (6.92%), Copper: 0.1mg (4.92%), Zinc: 0.7mg (4.65%), Vitamin A: 177.27IU (3.55%), Vitamin B5: 0.31mg (3.07%), Potassium: 95.37mg (2.72%), Vitamin B6: 0.05mg (2.39%), Vitamin E: 0.24mg (1.58%)