

Jalapeno Cheese Quick Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



114 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup unbleached all purpose flour
- 0.8 cup flour whole-wheat
- 1 tbsp double-acting baking powder
- 0.5 tsp salt
- 1 tbsp olive oil light
- 1 eggs lightly beaten
- 0.8 cup skim milk
- 1 cup cheddar cheese light (I used a Mexican blend)

0.3 cups jalapeño peppers diced drained

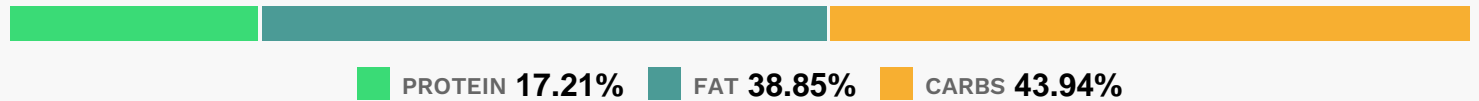
Equipment

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

Directions

- Heat oven to 350
- Lightly grease loaf pan, 9x5x3 or two mini muffin pans with cooking spray.
- Stir together flour, cheese, baking powder, and salt in medium bowl.
- Add olive oil, egg and milk, stir till combined. Fold in jalapenos.
- Pour into pan
- Bake 30 to 45 minutes or until golden brown and toothpick inserted in center comes out clean. Cool 5 minutes; run knife around edges of pan to loosen.
- Remove from pan to wire rack. Cool 30 minutes before slicing, if you can wait that long, I didnt.

Nutrition Facts



Properties

Glycemic Index:12.69, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:5.6408695652174%

Taste

Sweetness: 77.25%, Saltiness: 85.77%, Sourness: 31.08%, Bitterness: 19.57%, Savoriness: 58.02%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 114.42kcal (5.72%), Fat: 5.02g (7.72%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 11.69g (4.25%), Sugar: 0.93g (1.03%), Cholesterol: 23.52mg (7.84%), Sodium: 323.64mg (14.07%), Protein: 5.01g (10.01%), Manganese: 0.36mg (18.22%), Selenium: 11.39µg (16.28%), Calcium: 152.05mg (15.2%), Phosphorus: 124.41mg (12.44%), Vitamin B2: 0.13mg (7.67%), Vitamin B1: 0.11mg (7.53%), Folate: 22µg (5.5%), Iron: 0.88mg (4.9%), Zinc: 0.72mg (4.81%), Magnesium: 17.51mg (4.38%), Fiber: 1.09g (4.36%), Vitamin B3: 0.87mg (4.35%), Vitamin A: 194.39IU (3.89%), Vitamin B12: 0.22µg (3.69%), Vitamin B6: 0.06mg (3.05%), Copper: 0.05mg (2.62%), Vitamin E: 0.37mg (2.45%), Vitamin B5: 0.24mg (2.41%), Potassium: 79.17mg (2.26%), Vitamin D: 0.3µg (1.99%), Vitamin K: 1.47µg (1.4%)