



Maple-Stout Quick Bread

 Vegetarian

READY IN



58 min.

SERVINGS



14

CALORIES



195 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 6 tablespoons butter softened
- ☐ 0.8 cup t brown sugar dark packed
- ☐ 2 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 5 tablespoons maple syrup divided
- ☐ 5 tablespoons powdered sugar

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cream fat-free sour
- ☐ 0.5 cup porter
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ loaf pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, baking soda, baking powder, and salt, stirring well with a whisk.
- ☐ Place butter and brown sugar in a large mixing bowl; beat with a mixer at high speed until well blended.
- ☐ Add eggs, 1 at a time, beating well after each addition. Beat in vanilla.
- ☐ Combine beer, sour cream, and 1/4 cup syrup, stirring well with a whisk. Beating at low speed, add flour mixture and beer mixture alternately to the butter mixture, beginning and ending with flour mixture; beat just until combined.
- ☐ Scrape batter into a 9 x 5-inch metal loaf pan coated with baking spray.
- ☐ Bake at 350 for 43 minutes or until a wooden pick inserted in the center comes out with moist crumbs clinging. Cool 10 minutes in pan on a wire rack.

- ☐ Remove from pan; cool completely on wire rack.
- ☐ Place powdered sugar in a small bowl.
- ☐ Add remaining 1 tablespoon syrup; stir until smooth.
- ☐ Drizzle glaze over cooled bread; let stand until set, if desired.

Nutrition Facts



Properties

Glycemic Index:18.11, Glycemic Load:10.42, Inflammation Score:-2, Nutrition Score:4.1717391752678%

Nutrients (% of daily need)

Calories: 194.75kcal (9.74%), Fat: 5.7g (8.77%), Saturated Fat: 3.33g (20.82%), Carbohydrates: 32.77g (10.92%), Net Carbohydrates: 32.35g (11.76%), Sugar: 18.63g (20.7%), Cholesterol: 40.21mg (13.4%), Sodium: 241mg (10.48%), Alcohol: 0.05g (100%), Alcohol %: 0.09% (100%), Protein: 2.86g (5.72%), Manganese: 0.28mg (14.05%), Vitamin B2: 0.22mg (12.68%), Selenium: 8.14µg (11.64%), Vitamin B1: 0.13mg (8.92%), Folate: 33.15µg (8.29%), Iron: 0.96mg (5.34%), Vitamin B3: 0.96mg (4.78%), Calcium: 44.11mg (4.41%), Phosphorus: 43.87mg (4.39%), Vitamin A: 209.46IU (4.19%), Potassium: 70.67mg (2.02%), Zinc: 0.3mg (2.01%), Vitamin B5: 0.2mg (2%), Magnesium: 7.85mg (1.96%), Copper: 0.03mg (1.74%), Fiber: 0.42g (1.69%), Vitamin B12: 0.1µg (1.64%), Vitamin E: 0.22mg (1.49%), Vitamin B6: 0.03mg (1.29%)