



## Neely's Quick Bread

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



488 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 pinch cayenne
- ☐ 1 large eggs beaten
- ☐ 3.5 cups flour all-purpose plus more for pan
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 cup gouda cheese smoked grated
- ☐ 2 tablespoons ground mustard

- ☐ 12 ounce beer light
- ☐ 1.5 teaspoons salt
- ☐ 2 tablespoons vegetable oil plus more for pan

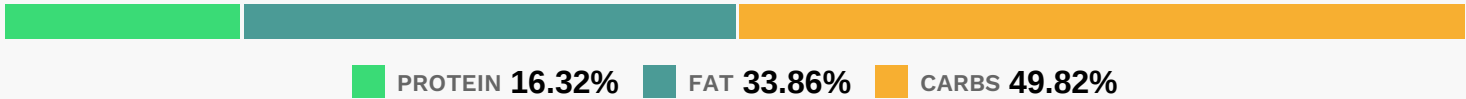
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan

## Directions

- ☐ Preheat the oven to 350 degrees F. Grease and flour a loaf pan.
- ☐ Mix together flour, ground mustard, salt, baking soda, baking powder, and cayenne into a large bowl.
- ☐ In a separate bowl whisk together egg, vegetable oil and beer and stir the batter until it is just combined.
- ☐ Add the wet ingredients to the dry.
- ☐ Mix in the cheese and thyme.
- ☐ Pour the batter into the pan and bake for 45 minutes.
- ☐ Let cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:45.17, Glycemic Load:40.72, Inflammation Score:-9, Nutrition Score:17.749565197074%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg

Nutrients (% of daily need)

Calories: 487.66kcal (24.38%), Fat: 17.71g (27.25%), Saturated Fat: 8.06g (50.36%), Carbohydrates: 58.64g (19.55%), Net Carbohydrates: 56.22g (20.44%), Sugar: 1.31g (1.46%), Cholesterol: 75.95mg (25.32%), Sodium: 1173.35mg (51.02%), Alcohol: 1.76g (100%), Alcohol %: 1.18% (100%), Protein: 19.21g (38.42%), Selenium: 38.08µg (54.4%), Vitamin B1: 0.61mg (40.65%), Folate: 153.36µg (38.34%), Phosphorus: 352.56mg (35.26%), Calcium: 344.38mg (34.44%), Vitamin B2: 0.55mg (32.37%), Manganese: 0.59mg (29.32%), Vitamin B3: 4.69mg (23.45%), Iron: 4.14mg (23%), Zinc: 2.33mg (15.51%), Vitamin B12: 0.69µg (11.55%), Magnesium: 42.03mg (10.51%), Fiber: 2.42g (9.69%), Vitamin K: 9.63µg (9.17%), Copper: 0.15mg (7.54%), Vitamin A: 330.09IU (6.6%), Vitamin B5: 0.62mg (6.22%), Vitamin B6: 0.11mg (5.54%), Potassium: 174.05mg (4.97%), Vitamin E: 0.72mg (4.8%), Vitamin C: 2.05mg (2.48%), Vitamin D: 0.36µg (2.43%)