



WHATSheATE



Onion and Fontina Beer Batter Bread



Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 12 ounce beer (such as amber ale)
- ☐ 0.3 cup butter divided melted
- ☐ 13.5 ounces flour all-purpose
- ☐ 4 ounces fontina grated
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion diced
- ☐ 1 teaspoon salt

☐ 3 tablespoons sugar

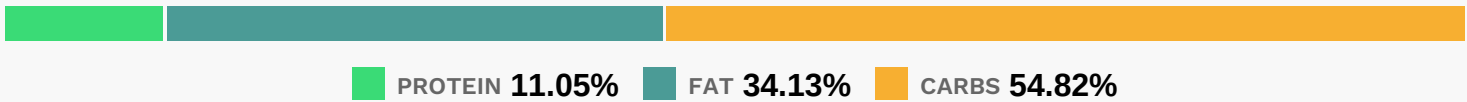
Equipment

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

Directions

- ☐ Preheat oven to 37
- ☐ Heat olive oil in a large nonstick skillet over medium heat.
- ☐ Add onion, and saut 6 minutes or until tender. Cool to room temperature.
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, sugar, baking powder, and salt in a bowl; make a well in center of mixture.
- ☐ Add onion, cheese, and beer; stir just until moist.
- ☐ Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray; drizzle evenly with 2 tablespoons butter.
- ☐ Bake at 375 for 35 minutes; brush with remaining 2 tablespoons butter.
- ☐ Bake an additional 23 minutes or until a wooden pick inserted in center comes out clean. Cool 5 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:23.85, Glycemic Load:15.45, Inflammation Score:-3, Nutrition Score:4.7378261102282%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 169.87kcal (8.49%), Fat: 6.21g (9.55%), Saturated Fat: 3.35g (20.91%), Carbohydrates: 22.43g (7.48%), Net Carbohydrates: 21.62g (7.86%), Sugar: 2.85g (3.16%), Cholesterol: 15.85mg (5.28%), Sodium: 279.62mg (12.16%), Alcohol: 0.83g (100%), Alcohol %: 1.51% (100%), Protein: 4.52g (9.05%), Selenium: 9.36µg (13.38%), Vitamin B1: 0.2mg (13.01%), Folate: 47.48µg (11.87%), Manganese: 0.18mg (8.96%), Vitamin B2: 0.14mg (8.37%), Vitamin B3: 1.54mg (7.73%), Calcium: 76.07mg (7.61%), Phosphorus: 68.04mg (6.8%), Iron: 1.21mg (6.75%), Fiber: 0.82g (3.27%), Vitamin A: 153.54IU (3.07%), Zinc: 0.44mg (2.92%), Magnesium: 8.74mg (2.19%), Vitamin B12: 0.13µg (2.16%), Copper: 0.04mg (2.07%), Vitamin B6: 0.04mg (1.91%), Vitamin E: 0.24mg (1.63%), Vitamin B5: 0.16mg (1.6%), Potassium: 51.51mg (1.47%), Vitamin K: 1.07µg (1.02%)