






 1%  
HEALTH SCORE

# Onion Cheese Bread

 Vegetarian

READY IN  
  
35 min.

SERVINGS  
  
16

CALORIES  
  
280 kcal

SIDE DISH   ANTIPASTI   STARTER   SNACK

## Ingredients

- 3 cups baking mix
- 3 cups baking mix
- 2 tablespoons butter melted
- 6 teaspoons parsley dried divided
- 2 eggs
- 1 cup milk
- 1 cup onion chopped
- 6 ounces cheddar cheese shredded divided

4 teaspoons vegetable oil

## Equipment

bowl

frying pan

oven

baking pan

## Directions

In a skillet, saute onion in oil until tender.

Place biscuit mix in a bowl.

Combine eggs and milk; stir into biscuit mix just until combined. Stir in the onion, 1 cup of cheese and 4 teaspoons of parsley.

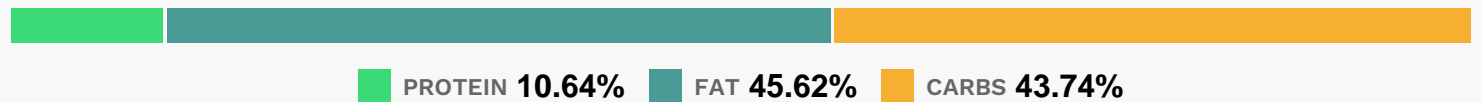
Spread the batter into two greased 8-in. round baking pans.

Sprinkle with remaining cheese and parsley.

Drizzle with butter.

Bake at 400° for 15–20 minutes or until cheese is melted and top of bread is lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:8.88, Glycemic Load:0.55, Inflammation Score:-3, Nutrition Score:8.5613043478261%

## Flavonoids

Apigenin: 1.69mg, Apigenin: 1.69mg, Apigenin: 1.69mg, Apigenin: 1.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 279.59kcal (13.98%), Fat: 14.11g (21.71%), Saturated Fat: 5.36g (33.48%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 29.33g (10.66%), Sugar: 6.46g (7.18%), Cholesterol: 37.58mg (12.53%), Sodium: 669.15mg

(29.09%), Protein: 7.41g (14.81%), Phosphorus: 341.72mg (34.17%), Vitamin B1: 0.28mg (18.49%), Calcium: 180.7mg (18.07%), Vitamin B2: 0.29mg (17.29%), Folate: 63.09µg (15.77%), Selenium: 8.43µg (12.05%), Vitamin B3: 2.09mg (10.43%), Manganese: 0.17mg (8.64%), Iron: 1.39mg (7.72%), Vitamin B12: 0.42µg (7.04%), Vitamin B5: 0.6mg (5.98%), Vitamin K: 5.98µg (5.7%), Zinc: 0.81mg (5.43%), Fiber: 1.13g (4.5%), Magnesium: 17.8mg (4.45%), Vitamin A: 207.39IU (4.15%), Copper: 0.08mg (4.06%), Potassium: 128.03mg (3.66%), Vitamin B6: 0.07mg (3.63%), Vitamin E: 0.34mg (2.28%), Vitamin D: 0.34µg (2.28%), Vitamin C: 0.92mg (1.12%)