



Onion Cheese Custard Bread

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



240 kcal

Ingredients

- 1.5 cups baking mix
- 2 tablespoons butter melted
- 1.5 cups buttermilk
- 1 tablespoon canola oil
- 1 eggs lightly beaten
- 0.8 cup onion chopped
- 2 teaspoons poppy seeds
- 4 ounces sharp cheddar cheese shredded divided

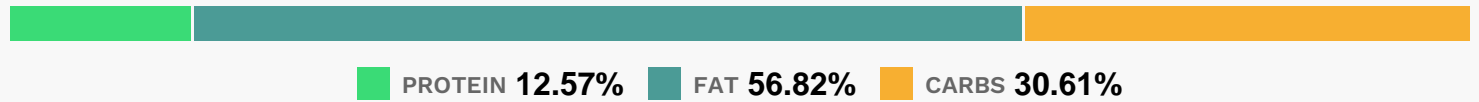
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- In a small skillet, saute onion in oil until golden brown, about 7 minutes. Set aside to cool. In a large bowl, combine buttermilk and egg. Stir in the biscuit mix, onion and 1/2 cup cheese.
- Pour into a greased 9-in. round baking pan.
- Sprinkle with poppy seeds and remaining cheese.
- Drizzle with butter.
- Bake at 400° for 30–35 minutes or until golden brown. Cool slightly.
- Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:1.09, Inflammation Score:-4, Nutrition Score:7.6347826460133%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 240.4kcal (12.02%), Fat: 15.21g (23.4%), Saturated Fat: 6.61g (41.31%), Carbohydrates: 18.44g (6.15%), Net Carbohydrates: 17.56g (6.39%), Sugar: 5.54g (6.16%), Cholesterol: 47.56mg (15.85%), Sodium: 458.16mg (19.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.14%), Phosphorus: 257.4mg (25.74%), Calcium: 210.4mg (21.04%), Vitamin B2: 0.27mg (15.84%), Selenium: 9.26µg (13.23%), Vitamin B1: 0.17mg (11.35%), Folate: 39.51µg (9.88%), Vitamin B12: 0.5µg (8.33%), Manganese: 0.15mg (7.55%), Vitamin A: 334.65IU (6.69%), Zinc: 0.99mg (6.57%), Vitamin B3: 1.1mg (5.5%), Vitamin B5: 0.54mg (5.37%), Vitamin D: 0.78µg (5.2%), Iron: 0.86mg (4.78%), Magnesium: 18.78mg (4.7%), Vitamin E: 0.63mg (4.19%), Potassium: 144.06mg (4.12%), Copper: 0.07mg (3.63%), Vitamin B6: 0.07mg (3.62%), Fiber: 0.87g (3.49%), Vitamin K: 3.51µg (3.34%), Vitamin C: 1.18mg (1.44%)