



Pepper Jack Cheese Quick Bread

READY IN



90 min.

SERVINGS



16

CALORIES



127 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 1 cup monterrey jack cheese shredded with jalapeño peppers (4 ounces)
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 1 cup buttermilk
- ☐ 0.3 cup butter melted
- ☐ 2 eggs slightly beaten

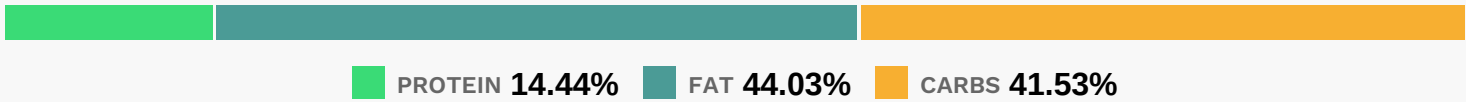
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°. Lightly grease bottom only of loaf pan, 9x5x3 or 8 1/2x4
- ☐ /2x2 1/2 inches, with shortening or spray bottom with cooking spray.
- ☐ Stir together flour, cheese, sugar, baking powder, baking soda and salt in
- ☐ medium bowl. Stir in remaining ingredients just until moistened (batter will be
- ☐ lumpy).
- ☐ Spread in pan.
- ☐ Bake 35 to 45 minutes or until golden brown and toothpick inserted in center
- ☐ comes out clean. Cool 5 minutes; run knife around edges of pan to loosen.
- ☐ Remove
- ☐ from pan to wire rack. Cool 30 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:18.44, Glycemic Load:9.1, Inflammation Score:-3, Nutrition Score:4.1713043520146%

Nutrients (% of daily need)

Calories: 126.98kcal (6.35%), Fat: 6.17g (9.49%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 12.67g (4.61%), Sugar: 1.08g (1.2%), Cholesterol: 28.4mg (9.47%), Sodium: 233.07mg (10.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Selenium: 8.57µg (12.24%), Vitamin B2: 0.16mg (9.24%), Calcium: 91.16mg (9.12%), Vitamin B1: 0.13mg (8.89%), Folate: 33.24µg (8.31%), Phosphorus: 78.17mg (7.82%), Manganese: 0.11mg (5.49%), Iron: 0.9mg (5.03%), Vitamin B3: 0.95mg (4.74%), Vitamin A: 235.63IU (4.71%), Zinc: 0.45mg (3%), Vitamin B12: 0.18µg (3%), Vitamin D: 0.35µg (2.32%), Vitamin B5: 0.23mg (2.28%), Magnesium: 7.68mg (1.92%), Fiber: 0.42g (1.69%), Copper: 0.03mg (1.63%), Potassium: 51.84mg (1.48%), Vitamin B6: 0.03mg (1.38%), Vitamin E: 0.21mg (1.37%)