



Quick Fix Beer Bread

 Vegetarian  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



260 kcal

BREAD

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 12 ounces beer
- 2.3 cups flour all-purpose
- 2 tablespoons olive oil
- 0.3 teaspoon salt
- 3 tablespoons sugar

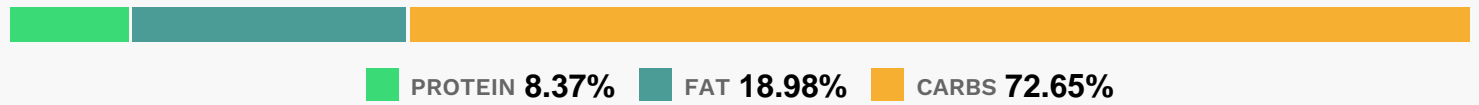
Equipment

- bowl
- oven
- loaf pan

Directions

- Preheat oven to 400 degrees F. Coat an 8-inch loaf pan with cooking spray.
- In a large bowl, combine flour, sugar, baking powder, baking soda, and salt. Make a well in the center.
- Pour in beer and olive oil and mix until just blended.
- Pour batter into prepared loaf pan and bake 45 minutes, until golden brown.

Nutrition Facts



Properties

Glycemic Index:46.27, Glycemic Load:31.39, Inflammation Score:-4, Nutrition Score:7.887826009937%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 260.42kcal (13.02%), Fat: 5.15g (7.92%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 44.31g (14.77%), Net Carbohydrates: 43.04g (15.65%), Sugar: 6.11g (6.79%), Cholesterol: 0mg (0%), Sodium: 403.45mg (17.54%), Alcohol: 2.21g (100%), Alcohol %: 2.4% (100%), Protein: 5.1g (10.21%), Vitamin B1: 0.37mg (24.72%), Selenium: 16.27µg (23.25%), Folate: 89.18µg (22.3%), Manganese: 0.32mg (16.25%), Vitamin B3: 3.06mg (15.29%), Vitamin B2: 0.25mg (14.52%), Iron: 2.44mg (13.54%), Calcium: 126.99mg (12.7%), Phosphorus: 102.38mg (10.24%), Fiber: 1.27g (5.08%), Vitamin E: 0.7mg (4.67%), Magnesium: 14.26mg (3.56%), Copper: 0.07mg (3.55%), Vitamin K: 2.95µg (2.81%), Vitamin B6: 0.05mg (2.34%), Vitamin B5: 0.23mg (2.29%), Zinc: 0.33mg (2.23%), Potassium: 66.05mg (1.89%)