

Quick Onion Bread

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



143 kcal

Ingredients

- 1.5 cups baking mix
- 2 tablespoons butter melted
- 2 tablespoons dehydrated onion dried minced
- 1 eggs lightly beaten
- 0.5 cup milk
- 0.5 teaspoon hot sauce hot
- 0.3 cup water

Equipment

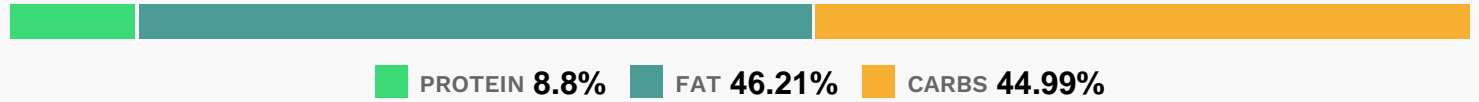
- bowl

- oven
- toothpicks

Directions

- In a bowl, combine the first six ingredients (mixture will be lumpy).
- Transfer to a greased 9-in. pie plate.
- Drizzle butter over top.
- Bake at 400° for 18–22 minutes or until toothpick inserted near the center comes out clean. Cool for 10 minutes before cutting.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:4.3447825753171%

Nutrients (% of daily need)

Calories: 142.8kcal (7.14%), Fat: 7.32g (11.26%), Saturated Fat: 3.15g (19.68%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 15.45g (5.62%), Sugar: 3.85g (4.28%), Cholesterol: 30.26mg (10.09%), Sodium: 330.57mg (14.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.27%), Phosphorus: 162.57mg (16.26%), Vitamin B1: 0.15mg (9.78%), Vitamin B2: 0.15mg (8.66%), Folate: 32.9µg (8.23%), Calcium: 66.48mg (6.65%), Selenium: 3.76µg (5.38%), Vitamin B3: 1.06mg (5.28%), Manganese: 0.1mg (4.81%), Iron: 0.74mg (4.12%), Vitamin B12: 0.22µg (3.75%), Vitamin B5: 0.36mg (3.61%), Vitamin A: 143.4IU (2.87%), Vitamin B6: 0.06mg (2.81%), Potassium: 88.61mg (2.53%), Magnesium: 9.45mg (2.36%), Fiber: 0.59g (2.35%), Copper: 0.05mg (2.28%), Zinc: 0.3mg (1.98%), Vitamin D: 0.28µg (1.85%), Vitamin K: 1.82µg (1.74%), Vitamin C: 1.19mg (1.44%), Vitamin E: 0.18mg (1.19%)