

Savory Onion Bread

READY IN



45 min.

SERVINGS



6

CALORIES



198 kcal

BREAD

Ingredients

- 3 teaspoons double-acting baking powder
- 1 eggs
- 1.5 cups flour all-purpose
- 1 tablespoon butter
- 0.5 cup milk
- 0.5 cup onion diced finely
- 1 teaspoon salt
- 0.5 cup sharp cheddar cheese shredded

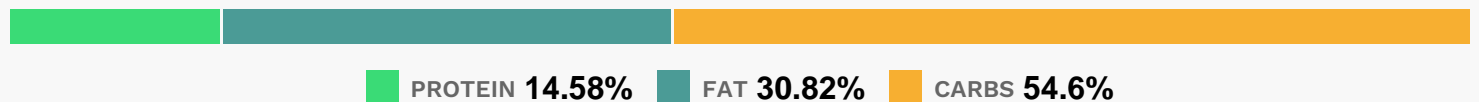
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 400 degrees F (205 degrees C). Grease one 8 inch round or one 8x8 inch square pan.
- Combine flour, baking powder and salt, cut in 2 tablespoons of the butter until mixture is crumbly. Stir in 1/2 cup of the grated cheese. Make a well in the center of the mixture.
- Fry the onion in 1 tablespoon of the butter or margarine until clear and golden. Set aside.
- In a small bowl beat the egg and stir in the milk and the cooked onion.
- Pour egg mixture into the well in the flour mixture. Stir until just moistened. You will have a soft dough. Pat dough into the prepared pan.
- Sprinkle remaining 1/2 cup grated cheese over top.
- Bake at 400 degrees F (205 degrees C) for 25 minutes.
- Serve hot. Makes about 6 servings.

Nutrition Facts



Properties

Glycemic Index:43.17, Glycemic Load:18.46, Inflammation Score:-4, Nutrition Score:7.9895653128624%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 198.03kcal (9.9%), Fat: 6.75g (10.38%), Saturated Fat: 2.86g (17.87%), Carbohydrates: 26.9g (8.97%), Net Carbohydrates: 25.82g (9.39%), Sugar: 1.69g (1.87%), Cholesterol: 39.14mg (13.05%), Sodium: 702.47mg (30.54%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.36%), Selenium: 15.97µg (22.81%), Calcium: 221.91mg (22.19%), Vitamin B1: 0.27mg (17.92%), Folate: 65.17µg (16.29%), Phosphorus: 160.16mg (16.02%), Vitamin B2: 0.26mg (15.41%), Manganese: 0.24mg (11.77%), Iron: 1.85mg (10.25%), Vitamin B3: 1.89mg (9.46%), Zinc: 0.77mg (5.11%), Vitamin A: 250.63IU (5.01%), Vitamin B12: 0.28µg (4.62%), Fiber: 1.07g (4.3%), Vitamin B5: 0.38mg (3.82%), Magnesium: 14.69mg (3.67%), Vitamin B6: 0.06mg (3.07%), Copper: 0.06mg (2.96%), Potassium: 102.24mg (2.92%), Vitamin D: 0.43µg (2.85%), Vitamin E: 0.25mg (1.68%), Vitamin C: 0.99mg (1.2%)