



Spicy Cheese Quick Bread

 Vegetarian

READY IN



165 min.

SERVINGS



6

CALORIES



398 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1.8 cups flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 cup half-and-half cream
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon onion powder

- ☐ 0.8 teaspoon salt
- ☐ 1.5 cups cheddar cheese shredded
- ☐ 0.3 cup vegetable oil

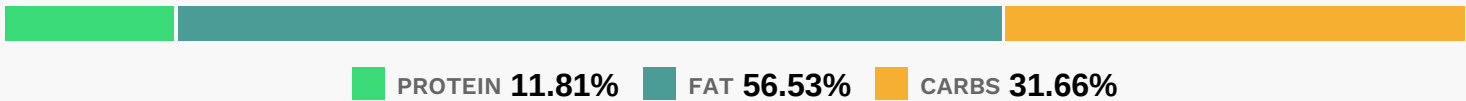
Equipment

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

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C). Lightly grease a 9x5 inch loaf pan and set aside.
- ☐ Mix flour, baking powder, salt, cayenne pepper, garlic powder, onion powder, Italian seasoning, and Cheddar cheese together in a large bowl.
- ☐ Whisk in half-and-half cream, milk, and vegetable just until blended.
- ☐ Pour batter into the prepared pan.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 35 to 40 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:21.13, Inflammation Score:-5, Nutrition Score:12.143913048765%

Nutrients (% of daily need)

Calories: 398.17kcal (19.91%), Fat: 25.09g (38.6%), Saturated Fat: 9.14g (57.1%), Carbohydrates: 31.61g (10.54%), Net Carbohydrates: 30.36g (11.04%), Sugar: 2.06g (2.29%), Cholesterol: 37.75mg (12.58%), Sodium: 673.42mg (29.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.8g (23.59%), Calcium: 356.5mg (35.65%), Selenium: 21.56µg (30.8%), Phosphorus: 248.56mg (24.86%), Vitamin K: 25.6µg (24.38%), Vitamin B2: 0.38mg (22.12%), Vitamin B1: 0.32mg (21.06%), Folate: 74.56µg (18.64%), Manganese: 0.28mg (14.02%), Iron: 2.11mg (11.7%), Vitamin B3: 2.24mg (11.23%), Zinc: 1.49mg (9.93%), Vitamin E: 1.4mg (9.33%), Vitamin A: 462.42IU (9.25%), Vitamin B12: 0.45µg (7.46%), Magnesium: 22.29mg (5.57%), Fiber: 1.25g (4.98%), Vitamin B5: 0.42mg (4.18%), Potassium: 133.44mg (3.81%), Vitamin B6: 0.08mg (3.75%), Copper: 0.07mg (3.53%), Vitamin D: 0.39µg (2.62%)