



Sun-dried Tomato-Herb Bread

READY IN



10 min.

SERVINGS



10

CALORIES



190 kcal

BREAD

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

☐

0.3 cup sun-dried tomatoes finely chopped

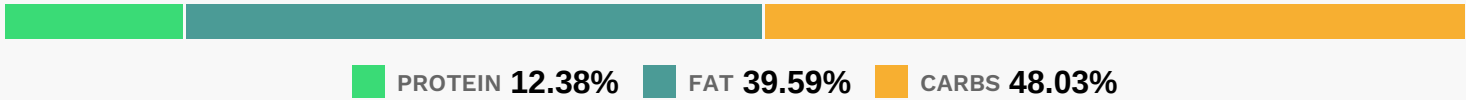
Equipment

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

Directions

- ☐ Stir together 2 cups flour and next 6 ingredients in a large bowl.
- ☐ Whisk together milk, egg, and olive oil; add to flour mixture, stirring just until dry ingredients are moistened. Spoon batter into a greased and floured 8- x 4-inch loaf pan.
- ☐ Bake at 375 for 25 to 30 minutes or until a wooden pick inserted in center of bread comes out clean.
- ☐ Remove from pan, and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:27.2, Glycemic Load:14.91, Inflammation Score:-4, Nutrition Score:7.3186956488568%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 189.96kcal (9.5%), Fat: 8.39g (12.91%), Saturated Fat: 2.18g (13.66%), Carbohydrates: 22.91g (7.64%), Net Carbohydrates: 21.8g (7.93%), Sugar: 2.31g (2.56%), Cholesterol: 25.88mg (8.63%), Sodium: 350.96mg (15.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.81%), Selenium: 12.39µg (17.7%), Calcium: 157.84mg (15.78%), Vitamin B1: 0.23mg (15.21%), Phosphorus: 129.7mg (12.97%), Folate: 50.75µg (12.69%), Vitamin B2: 0.21mg (12.46%), Manganese: 0.24mg (12.23%), Iron: 1.76mg (9.79%), Vitamin B3: 1.77mg (8.84%), Vitamin E: 0.92mg

(6.13%), Vitamin K: 6.01µg (5.72%), Potassium: 177.28mg (5.07%), Fiber: 1.11g (4.45%), Magnesium: 17.07mg (4.27%), Copper: 0.08mg (4.15%), Zinc: 0.62mg (4.11%), Vitamin B12: 0.24µg (4.06%), Vitamin B5: 0.35mg (3.53%), Vitamin A: 137.49IU (2.75%), Vitamin D: 0.39µg (2.62%), Vitamin B6: 0.05mg (2.49%), Vitamin C: 1.08mg (1.31%)