



Tangy Buttermilk Cheese Bread

 Vegetarian

READY IN



45 min.

SERVINGS



36

CALORIES



53 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 teaspoons active yeast dry
- 3 cups bread flour
- 1.1 cups buttermilk
- 1.5 teaspoons salt
- 0.8 cup sharp cheddar cheese shredded
- 1.5 teaspoons sugar white

Equipment

- oven

- loaf pan
- bread machine

Directions

- Place ingredients in bread machine pan in the order suggested by the manufacturer. Select White Bread setting. Start.
- To bake bread in oven: select dough or manual cycle. Once cycle is complete, shape dough and place in a greased loaf pan. Allow to rise in a warm spot until doubled in size.
- Bake in a preheated 350 degrees F (175 degrees C) oven for 35 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:5.42, Glycemic Load:5.14, Inflammation Score:-1, Nutrition Score:1.4734782492337%

Nutrients (% of daily need)

Calories: 52.92kcal (2.65%), Fat: 1.23g (1.9%), Saturated Fat: 0.62g (3.88%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 7.91g (2.88%), Sugar: 0.57g (0.64%), Cholesterol: 3.18mg (1.06%), Sodium: 120.44mg (5.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Selenium: 5.09µg (7.27%), Manganese: 0.08mg (4.18%), Phosphorus: 28.09mg (2.81%), Calcium: 26.93mg (2.69%), Vitamin B2: 0.03mg (2.04%), Folate: 7.34µg (1.84%), Vitamin B1: 0.03mg (1.79%), Zinc: 0.21mg (1.43%), Fiber: 0.28g (1.14%), Copper: 0.02mg (1.11%), Magnesium: 4.06mg (1.02%), Vitamin B5: 0.1mg (1.01%)