

Tastefully Simple Beer Bread

 Vegetarian  Vegan  Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



217 kcal

Ingredients

3 cups self-rising flour

0.5 cup sugar white

Equipment

bowl

oven

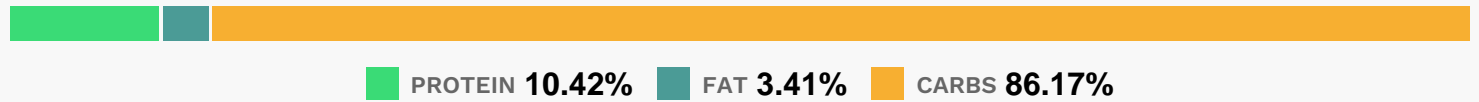
loaf pan

toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a loaf pan.
- Mix flour and sugar together in a bowl.
- Pour beer into a separate large bowl; add flour mixture and stir until moistened.
- Pour batter into the prepared loaf pan.
- Bake in preheated oven until nearly set, 40 to 50 minutes.
- Pour melted butter over the top of the bread and continue baking until a toothpick inserted into the center comes out clean, about 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:17.14, Glycemic Load:30.75, Inflammation Score:-1, Nutrition Score:3.6304348196996%

Nutrients (% of daily need)

Calories: 217.34kcal (10.87%), Fat: 0.82g (1.26%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 46.45g (15.48%), Net Carbohydrates: 45.32g (16.48%), Sugar: 12.62g (14.02%), Cholesterol: 0mg (0%), Sodium: 1.06mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.23%), Selenium: 18.68µg (26.69%), Manganese: 0.37mg (18.59%), Phosphorus: 45.47mg (4.55%), Fiber: 1.13g (4.5%), Copper: 0.09mg (4.31%), Folate: 15.47µg (3.87%), Magnesium: 11.72mg (2.93%), Zinc: 0.4mg (2.66%), Vitamin B1: 0.04mg (2.5%), Iron: 0.43mg (2.38%), Vitamin B3: 0.47mg (2.34%), Vitamin B5: 0.21mg (2.05%), Vitamin B2: 0.03mg (1.79%), Potassium: 47.13mg (1.35%), Vitamin E: 0.19mg (1.25%)