



Walnut Bacon Bread

READY IN



60 min.

SERVINGS



16

CALORIES



189 kcal

Ingredients

- 3 cups baking mix
- 12 bacon crumbled cooked
- 2 tablespoons dehydrated onion dried minced
- 2 eggs lightly beaten
- 1 cup milk
- 1 Dash hot sauce hot
- 0.8 cup cheddar cheese shredded
- 0.5 cup walnut pieces chopped

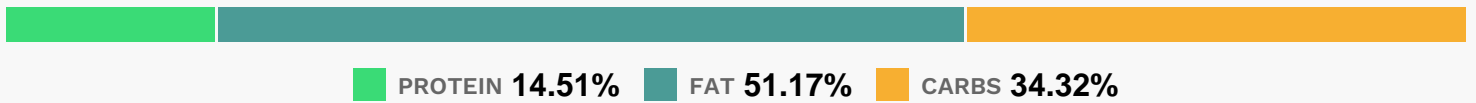
Equipment

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

Directions

- In a large bowl, combine the biscuit mix, milk, eggs, onion and pepper sauce just until moistened. Stir in the cheese, bacon and walnuts.
- Spread into a greased 9-in. x 5-in. loaf pan.
- Bake at 350° for 48–52 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:5.31, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:6.3856521767119%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 189.1kcal (9.46%), Fat: 10.77g (16.57%), Saturated Fat: 3.31g (20.68%), Carbohydrates: 16.25g (5.42%), Net Carbohydrates: 15.47g (5.63%), Sugar: 3.72g (4.14%), Cholesterol: 33.98mg (11.33%), Sodium: 436.52mg (18.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.75%), Phosphorus: 220mg (22%), Vitamin B1: 0.19mg (12.72%), Selenium: 8.42µg (12.02%), Vitamin B2: 0.19mg (11.05%), Manganese: 0.21mg (10.7%), Calcium: 105.41mg (10.54%), Folate: 36.44µg (9.11%), Vitamin B3: 1.72mg (8.61%), Vitamin B12: 0.34µg (5.68%), Copper: 0.11mg (5.38%), Zinc: 0.77mg (5.14%), Vitamin B6: 0.1mg (5.06%), Iron: 0.9mg (5.01%), Vitamin B5: 0.46mg (4.58%), Magnesium: 17.76mg (4.44%), Potassium: 127.43mg (3.64%), Fiber: 0.77g (3.1%), Vitamin A: 111.45IU (2.23%), Vitamin D: 0.33µg (2.22%), Vitamin K: 1.77µg (1.69%), Vitamin E: 0.19mg (1.24%)