



Whole Wheat Beer Bread

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



264 kcal

BREAD

Ingredients

- 4.5 teaspoons double-acting baking powder
- 0.3 cup brown sugar packed
- 1.5 cups flour all-purpose
- 1.5 teaspoons salt
- 1.5 cups flour whole wheat

Equipment

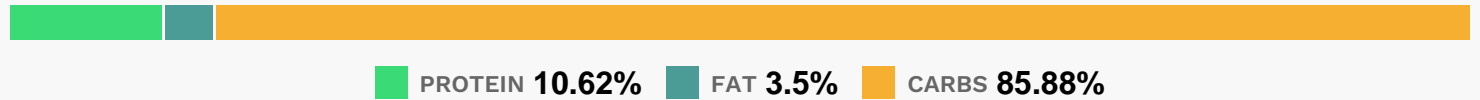
- oven
- mixing bowl

- loaf pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
- In a large mixing bowl, combine all-purpose flour, whole wheat flour, baking powder, salt and brown sugar.
- Pour in beer, stir until a stiff batter is formed. It may be necessary to mix dough with your hands. Scrape dough into prepared loaf pan.
- Bake in preheated oven for 50 to 60 minutes, until a toothpick inserted into center of the loaf comes out clean.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:18.01, Inflammation Score:-4, Nutrition Score:13.273043297717%

Nutrients (% of daily need)

Calories: 263.78kcal (13.19%), Fat: 1.06g (1.63%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 58.26g (19.42%), Net Carbohydrates: 54.2g (19.71%), Sugar: 12.06g (13.4%), Cholesterol: 0mg (0%), Sodium: 904.02mg (39.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.41%), Manganese: 1.44mg (72.14%), Selenium: 29.29µg (41.84%), Vitamin B1: 0.4mg (26.39%), Phosphorus: 207.07mg (20.71%), Calcium: 201.67mg (20.17%), Folate: 70.51µg (17.63%), Vitamin B3: 3.35mg (16.73%), Iron: 2.95mg (16.4%), Fiber: 4.06g (16.24%), Magnesium: 49.9mg (12.48%), Vitamin B2: 0.2mg (11.99%), Copper: 0.17mg (8.72%), Vitamin B6: 0.14mg (7.04%), Zinc: 1mg (6.69%), Potassium: 159.31mg (4.55%), Vitamin B5: 0.33mg (3.34%), Vitamin E: 0.23mg (1.54%)