"Apple Cheddar Bread"

Becky Low
Dairy Farmers of Utah

Apples and cheese; blending the perfect pair into warm fall bread. Makes 1 round loaf, or 8 servings

Ingredients:

1	cup sharp cheddar cheese, small diced
1	cup shredded or diced apples
1/4	cup butter, softened
2/3	cup sugar
2	eggs
1/2	cup 1% milk
2	cups flour
2	teaspoons baking powder
1/2	teaspoon salt
	Cinnamon sugar, optional

Method:

Preheat oven to 350 degrees. Butter sides and bottom of one 9" round cake pan, set aside.

Dice cheese into small dice or coarsely shred. Wash and core apple, chop or coarsely shred.

Stir together butter and sugar and mix well. Add eggs and stir to blend. Stir in apples, cheese, and milk.

Combine flour, baking powder and salt. Add to apple and cheese mixture, stir until mixed. Spread into prepared cake pan. Sprinkle top with optional cinnamon and sugar. Bake 30 minutes, or until cooked through and golden brown on top. Cut into 8 wedges and serve warm.

Nutrition Facts

Serving Size 1 wedge
Servings Per Container 8

Amount Per Serving	
Calories 330	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 8g	**38%**
Cholesterol 85mg	**29%**
Sodium 450mg	**19%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 1g	**5%**
Sugars 19g	
Protein 10g	

Vitamin A 10% • Vitamin C 2%
Calcium 20% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4