



Amazingly Easy Irish Soda Bread

READY IN



65 min.

SERVINGS



24

CALORIES



145 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup buttermilk
- ☐ 1 cup buttermilk
- ☐ 1 eggs
- ☐ 4 cups flour all-purpose
- ☐ 0.5 cup butter softened
- ☐ 0.5 teaspoon salt

☐ 4 tablespoons sugar white

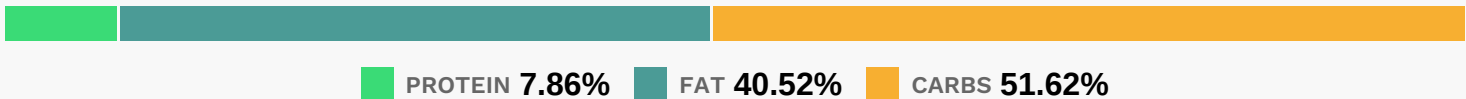
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ toothpicks

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease a large baking sheet.
- ☐ In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.
- ☐ Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.

Nutrition Facts



Properties

Glycemic Index:14.55, Glycemic Load:13.21, Inflammation Score:-3, Nutrition Score:3.946521723157%

Nutrients (% of daily need)

Calories: 145.13kcal (7.26%), Fat: 6.52g (10.04%), Saturated Fat: 2.33g (14.58%), Carbohydrates: 18.7g (6.23%), Net Carbohydrates: 18.13g (6.59%), Sugar: 2.67g (2.97%), Cholesterol: 13.28mg (4.43%), Sodium: 223.01mg (9.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Selenium: 8.12µg (11.61%), Vitamin B1: 0.17mg (11.38%), Folate: 39.73µg (9.93%), Vitamin B2: 0.14mg (7.98%), Manganese: 0.14mg (7.17%), Vitamin B3: 1.24mg (6.22%), Iron: 1.06mg (5.89%), Vitamin A: 258.78IU (5.18%), Calcium: 49.94mg (4.99%), Phosphorus: 49.37mg (4.94%), Fiber: 0.56g (2.25%), Vitamin B5: 0.17mg (1.73%), Copper: 0.03mg (1.73%), Vitamin E: 0.24mg (1.61%),

Magnesium: 6.38mg (1.59%), Zinc: 0.22mg (1.46%), Vitamin B12: 0.08µg (1.38%), Vitamin D: 0.2µg (1.33%),
Potassium: 44.4mg (1.27%)