



Aunt Kathy's Irish Soda Bread

 Vegetarian

READY IN



85 min.

SERVINGS



8

CALORIES



431 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 2 tablespoons caraway seeds
- ☐ 2 eggs beaten
- ☐ 4 cups flour all-purpose
- ☐ 0.8 cup milk
- ☐ 1 cup raisins

- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar white

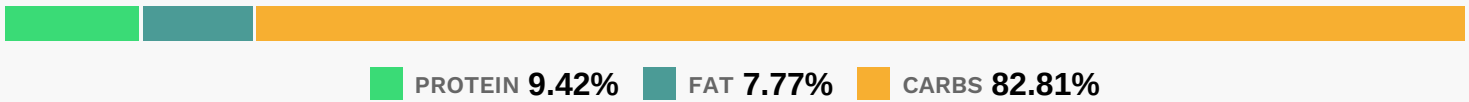
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease and flour a heavy pan.
- ☐ Mix flour, sugar, raisins, caraway seeds, baking powder, baking soda, and salt in a large bowl.
- ☐ Add eggs, buttermilk, and milk to the flour mixture; stir until evenly incorporated.
- ☐ Transfer dough to the prepared pan.
- ☐ Bake in preheated oven until when the bread is tapped on top it sounds hollow, about 75 minutes.

Nutrition Facts



Properties

Glycemic Index:45.61, Glycemic Load:60.83, Inflammation Score:-5, Nutrition Score:13.661739173143%

Nutrients (% of daily need)

Calories: 431.24kcal (21.56%), Fat: 3.78g (5.82%), Saturated Fat: 1.48g (9.24%), Carbohydrates: 90.59g (30.2%), Net Carbohydrates: 87.1g (31.67%), Sugar: 27.73g (30.81%), Cholesterol: 46.97mg (15.65%), Sodium: 435.39mg (18.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.62%), Selenium: 26.55µg (37.93%), Vitamin B1: 0.55mg (36.53%), Folate: 121.74µg (30.43%), Vitamin B2: 0.49mg (28.57%), Manganese: 0.5mg (25.04%), Iron: 3.99mg (22.19%), Vitamin B3: 4.01mg (20.03%), Phosphorus: 192.86mg (19.29%), Calcium: 182.06mg (18.21%), Fiber: 3.49g (13.97%), Potassium: 327.49mg (9.36%), Copper: 0.18mg (8.8%), Magnesium: 30.53mg (7.63%), Vitamin B5: 0.65mg (6.5%), Zinc: 0.91mg (6.04%), Vitamin B12: 0.36µg (5.99%), Vitamin D: 0.86µg (5.74%), Vitamin B6: 0.11mg (5.52%), Vitamin A: 151.4IU (3.03%), Vitamin C: 1.29mg (1.57%), Vitamin E: 0.22mg (1.49%)