



## Basic Irish Soda Bread With Cheese

READY IN



35 min.

SERVINGS



6

CALORIES



220 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 teaspoon baking soda
- 2 eggs beaten
- 2 cups flour all-purpose
- 1 cup milk or as needed
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt

### Equipment

- bowl

- baking sheet
- baking paper
- oven

## Directions

- Preheat an oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper. Beat eggs in a bowl and set aside.
- Place the Parmesan cheese into a shallow bowl.
- In a bowl, mix the flour, salt, and baking soda until well combined.
- Add in milk, several tablespoons at a time, until the mixture forms a soft dough. Turn the dough out onto a well-floured work surface, and knead several times until the dough comes together.
- Roll the dough out into a rectangle about 1/2 inch thick, and cut into 2x3-inch squares.
- Brush each square with beaten egg, and dip the top of the square into the Parmesan cheese.
- Place the squares onto the prepared baking sheet.
- Bake in the preheated oven until the squares are lightly browned, about 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:18.83, Glycemic Load:23.72, Inflammation Score:-4, Nutrition Score:9.195217407268%

## Nutrients (% of daily need)

Calories: 220.43kcal (11.02%), Fat: 4.66g (7.17%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 33.36g (12.13%), Sugar: 2.13g (2.36%), Cholesterol: 64.27mg (21.42%), Sodium: 419.33mg (18.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.13g (18.26%), Selenium: 21.35µg (30.49%), Vitamin B1: 0.36mg (23.81%), Folate: 83.48µg (20.87%), Vitamin B2: 0.35mg (20.48%), Phosphorus: 150.34mg (15.03%), Manganese: 0.3mg (14.76%), Vitamin B3: 2.52mg (12.59%), Iron: 2.22mg (12.31%), Calcium: 113.71mg (11.37%), Vitamin B12: 0.43µg (7.09%), Zinc: 0.89mg (5.92%), Vitamin B5: 0.58mg (5.77%), Vitamin D: 0.77µg (5.12%), Fiber: 1.13g (4.5%), Magnesium: 17.76mg (4.44%), Potassium: 136.09mg (3.89%), Vitamin A: 193.14IU (3.86%), Copper: 0.07mg (3.67%), Vitamin B6: 0.07mg (3.63%), Vitamin E: 0.23mg (1.52%)