

Best Ever Irish Soda Bread

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



534 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup butter at room temperature
- 1.5 cups buttermilk at room temperature
- 3 eggs at room temperature
- 4 cups flour all-purpose
- 1.5 cups raisins
- 1 teaspoon salt

0.8 cup granulated sugar white

Equipment

bowl

frying pan

oven

knife

whisk

wire rack

cake form

pastry cutter

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9-inch cake pan.

Stir together the flour, sugar, salt, baking powder, and baking soda in a large bowl. Using a pastry cutter, cut the butter gently into the flour mixture until well combined, and stir in the raisins. In another bowl, whisk the buttermilk and eggs together; lightly beat the buttermilk mixture into the flour mixture.

Place the dough into the prepared cake pan.

Bake in the preheated oven until the bread has risen and the top is golden brown, 45 minutes to 1 hour. A knife inserted into the center of the bread should come out clean. Cool the bread in the pan on a wire rack for 10 minutes before removing.

Serve warm.

Nutrition Facts



PROTEIN 7.96% **FAT 25.53%** **CARBS 66.51%**

Properties

Glycemic Index:47.11, Glycemic Load:59.86, Inflammation Score:-6, Nutrition Score:14.181738998579%

Nutrients (% of daily need)

Calories: 533.65kcal (26.68%), Fat: 15.38g (23.67%), Saturated Fat: 8.81g (55.06%), Carbohydrates: 90.16g (30.05%), Net Carbohydrates: 86.63g (31.5%), Sugar: 21.15g (23.5%), Cholesterol: 96.83mg (32.28%), Sodium: 651.44mg (28.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.79g (21.57%), Selenium: 28.34µg (40.48%), Vitamin B1: 0.55mg (36.64%), Folate: 125.62µg (31.41%), Vitamin B2: 0.52mg (30.55%), Manganese: 0.51mg (25.34%), Iron: 3.98mg (22.09%), Vitamin B3: 4.05mg (20.26%), Phosphorus: 173.17mg (17.32%), Fiber: 3.54g (14.15%), Calcium: 111.13mg (11.11%), Potassium: 378.63mg (10.82%), Vitamin A: 517.9IU (10.36%), Copper: 0.2mg (9.84%), Vitamin B5: 0.73mg (7.26%), Magnesium: 28.81mg (7.2%), Vitamin B12: 0.38µg (6.3%), Vitamin B6: 0.12mg (6.16%), Vitamin D: 0.92µg (6.1%), Zinc: 0.89mg (5.9%), Vitamin E: 0.57mg (3.81%), Vitamin C: 1.47mg (1.78%), Vitamin K: 1.37µg (1.3%)