



Brennan's Irish Soda Bread

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



139 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons distilled vinegar white
- ☐ 1 tablespoon sugar white

Equipment

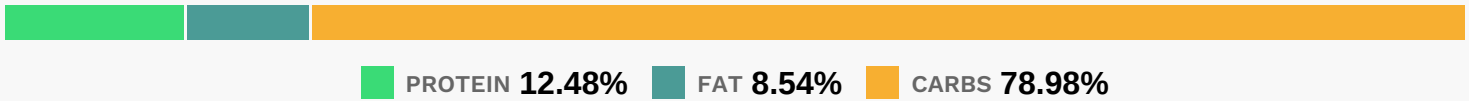
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Stir the milk and vinegar together, and allow to stand until curdled, about 10 minutes.
- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease a baking sheet. In a bowl, mix together the flour, sugar, baking soda, and salt.
- ☐ Gradually stir the soured milk into the flour mixture until the dough just comes together, and turn the dough out onto a well-floured surface. Knead a few times, and shape into a round.
- ☐ Place the dough onto the prepared baking sheet. With a sharp knife, cut an X shape into the top of the dough to release steam and help the bread keep its round shape.
- ☐ Bake in the preheated oven until golden brown, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:18.84, Inflammation Score:-2, Nutrition Score:5.2947826093954%

Nutrients (% of daily need)

Calories: 138.54kcal (6.93%), Fat: 1.29g (1.98%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 26.77g (8.92%), Net Carbohydrates: 25.92g (9.43%), Sugar: 3.05g (3.39%), Cholesterol: 3.66mg (1.22%), Sodium: 226.05mg (9.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin B1: 0.26mg (17.49%), Selenium: 11.2µg (16%), Folate: 57.19µg (14.3%), Vitamin B2: 0.2mg (11.57%), Manganese: 0.22mg (10.85%), Vitamin B3: 1.88mg (9.39%), Iron: 1.45mg (8.07%), Phosphorus: 64.71mg (6.47%), Calcium: 42.55mg (4.25%), Fiber: 0.84g (3.38%), Vitamin B12: 0.16µg (2.74%), Magnesium: 10.58mg (2.64%), Vitamin B5: 0.25mg (2.51%), Zinc: 0.34mg (2.3%), Copper: 0.05mg (2.29%), Potassium: 79.33mg (2.27%), Vitamin D: 0.34µg (2.24%), Vitamin B6: 0.03mg (1.62%)