



Caraway Soda Bread

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



293 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 pound flour all-purpose
- ☐ 1 Tbsp sugar
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon baking soda
- ☐ 2 teaspoons caraway seeds
- ☐ 4 Tbsp butter room temp ()
- ☐ 1.5 cups buttermilk

Equipment


- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wooden spoon
- ☐ skewers

Directions

- ☐ Preheat oven to 450°F. In a large bowl, whisk together the flour, sugar, salt, baking soda, and caraway seeds.
- ☐ Using your fingers (or a fork) work the butter into the flour until the mixture resembles a coarse meal.
- ☐ Make a well in the center of the flour.
- ☐ Pour the buttermilk into the center and using either your hands or a wooden spoon, fold the flour over the buttermilk and gently mix until just combined.
- ☐ The dough should be neither too wet or too dry, so if it is a little too dry to work with, add a little more buttermilk. If too wet, add a little more flour. Roughly shape into a ball and place on a floured surface. Knead just a few times to shape it into a round loaf. Do not over-knead or the bread will be tough.
- ☐ Place dough loaf onto a lightly greased baking sheet (or cast iron pan). Make 1 1/2-inch deep cuts, forming a cross, from side to side on the loaf. The scoring helps the heat get to the center of the loaf while cooking.
- ☐ Place in oven, cook for 15 minutes at 450°F, then lower the heat to 400°F and cook for 25 more minutes. One way to test for doneness is to take it out of the oven, turn it over and knock on the bottom. If it sounds hollow, it's done. You can also use a skewer inserted into the center.
- ☐ Let bread sit on the baking sheet for 5–10 minutes to cool. Then remove it to a rack to cool a little bit longer. I think the bread is best when it is still warm and just baked. Quick breads like this, which rely on baking soda for leavening, are generally best eaten soon after they're baked.

Nutrition Facts



 **PROTEIN 10.3%**  **FAT 24.49%**  **CARBS 65.21%**

Properties

Glycemic Index:28.26, Glycemic Load:33.03, Inflammation Score:-5, Nutrition Score:9.7291304132213%

Nutrients (% of daily need)

Calories: 292.63kcal (14.63%), Fat: 7.88g (12.12%), Saturated Fat: 4.6g (28.72%), Carbohydrates: 47.21g (15.74%), Net Carbohydrates: 45.49g (16.54%), Sugar: 3.85g (4.28%), Cholesterol: 20.22mg (6.74%), Sodium: 521.62mg (22.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.92%), Vitamin B1: 0.47mg (31.23%), Selenium: 21.03µg (30.04%), Folate: 106.27µg (26.57%), Vitamin B2: 0.36mg (21.3%), Manganese: 0.4mg (19.79%), Vitamin B3: 3.41mg (17.05%), Iron: 2.73mg (15.17%), Phosphorus: 104.03mg (10.4%), Fiber: 1.72g (6.88%), Calcium: 65.6mg (6.56%), Vitamin A: 253.49IU (5.07%), Copper: 0.1mg (4.89%), Magnesium: 18.41mg (4.6%), Vitamin B5: 0.43mg (4.27%), Zinc: 0.6mg (4.02%), Vitamin D: 0.58µg (3.9%), Potassium: 129.97mg (3.71%), Vitamin B12: 0.22µg (3.65%), Vitamin B6: 0.04mg (2.16%), Vitamin E: 0.24mg (1.62%)