



Festive Fruit Soda Bread

READY IN



45 min.

SERVINGS



12

CALORIES



288 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup dates pitted chopped
- ☐ 1 large eggs
- ☐ 0.8 cup calimyrna figs dried chopped
- ☐ 4 cups flour all-purpose
- ☐ 0.8 cup golden raisins
- ☐ 1 teaspoon lemon rind grated
- ☐ 1.5 cups buttermilk low-fat

- ☐ 2 teaspoons milk 1% low-fat
- ☐ 1 teaspoon orange rind grated
- ☐ 1.5 teaspoons salt
- ☐ 3 tablespoons stick margarine chilled cut into small pieces
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 3 cups warm water
- ☐ 2 teaspoons cornmeal yellow

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

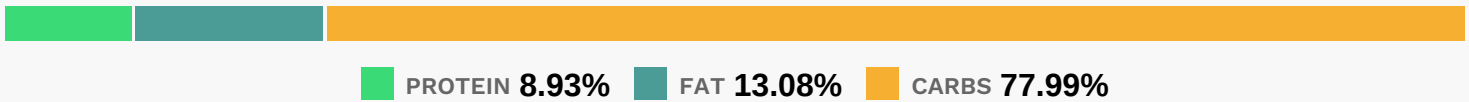
Directions

- ☐ Combine the first 4 ingredients in a bowl; let stand for 30 minutes.
- ☐ Drain and set aside.
- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour and next 4 ingredients (flour through baking soda) in a large bowl; cut in butter with a pastry blender or 2 knives until the mixture resembles coarse meal. (Flour mixture and butter can also be combined in a food processor; pulse until the mixture resembles coarse

meal.)

- ☐ Add reserved fruit; toss well to combine. Make a well in center of mixture.
- ☐ Combine the buttermilk, orange rind, lemon rind, and egg in a bowl, and stir with a whisk.
- ☐ Add to flour mixture. Stir just until moist.
- ☐ Let stand 2 minutes.
- ☐ Turn dough out onto a lightly floured surface; knead lightly for 1 minute with floured hands. Divide the dough in half; shape each half into an 8 x 4-inch oval loaf.
- ☐ Place the loaves on a baking sheet coated with cooking spray and sprinkled with cornmeal. Make 1 lengthwise cut 3/4-inch-deep across the top of each loaf using a sharp knife.
- ☐ Brush the loaves with 2 teaspoons milk; sprinkle with 1 tablespoon sugar.
- ☐ Bake at 375 for 30 minutes. Reduce the oven temperature to 350 (do not remove the bread from oven); bake an additional 25 minutes or until loaves are browned on the bottom and sound hollow when tapped.
- ☐ Remove the loaves from pan, and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:45.45, Glycemic Load:36.44, Inflammation Score:-4, Nutrition Score:9.0639130343562%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 287.89kcal (14.39%), Fat: 4.27g (6.57%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 57.3g (19.1%), Net Carbohydrates: 54.58g (19.85%), Sugar: 21.76g (24.18%), Cholesterol: 16.74mg (5.58%), Sodium: 543.36mg (23.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.13%), Vitamin B1: 0.36mg (23.7%), Selenium: 16.46µg (23.51%), Folate: 82.85µg (20.71%), Vitamin B2: 0.31mg (18.01%), Manganese: 0.36mg (18%), Vitamin B3: 2.77mg (13.86%), Iron: 2.42mg (13.47%), Phosphorus: 115.26mg (11.53%), Fiber: 2.72g (10.88%), Calcium: 100.81mg (10.08%), Potassium: 262.71mg (7.51%), Copper: 0.14mg (6.99%), Magnesium: 24.01mg (6%), Vitamin B6: 0.1mg (5.01%), Vitamin B5: 0.45mg (4.49%), Vitamin A: 193.16IU (3.86%), Zinc: 0.57mg (3.81%), Vitamin B12: 0.11µg (1.86%),

Vitamin C: 1.37mg (1.66%), Vitamin E: 0.23mg (1.55%), Vitamin K: 1.43µg (1.36%)