



WHATSheATE



Fruit & spice soda bread



Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



383 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 100 g rolled porridge oat
- ☐ 25 g butter diced
- ☐ 200 g flour plain
- ☐ 200 g wholemeal flour plain for dusting
- ☐ 100 g caster sugar
- ☐ 1 tsp bicarbonate of soda
- ☐ 1.5 tsp spice mixed
- ☐ 50 g raisin

- ☐ 50 g sultana
- ☐ 50 g stoned date finely chopped
- ☐ 3 tbsp peel mixed
- ☐ 450 ml buttermilk
- ☐ 3 tbsp little demerara sugar

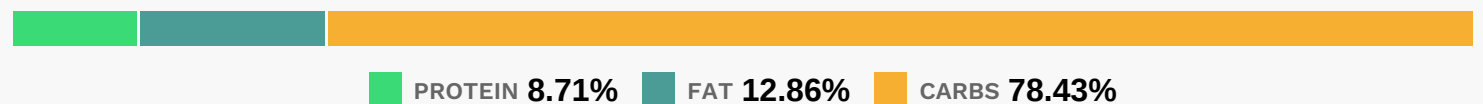
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Whizz the porridge oats and butter together in a food processor, or rub the butter into the oats with your fingertips in a big bowl. Stir in the flours, caster sugar, bicarb, mixed spice, 1 tsp salt, the raisins, sultanas, dates and mixed peel.
- ☐ Pour over the buttermilk and quickly stir in with a round-bladed knife. Tip out onto a flour-dusted surface and gently bring together into a ball with your hands.
- ☐ Transfer to a flour-dusted baking sheet and scatter over the demerara sugar, pressing it into the top. Use a sharp, flour-dusted knife to cut a big cross in the top and bake for 30–35 mins until crusty on the outside. Eat warm or cold, thickly sliced, with butter.

Nutrition Facts



Properties

Glycemic Index:56.76, Glycemic Load:31.66, Inflammation Score:-5, Nutrition Score:13.845652370349%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 382.87kcal (19.14%), Fat: 5.66g (8.71%), Saturated Fat: 2.92g (18.27%), Carbohydrates: 77.7g (25.9%), Net Carbohydrates: 72.82g (26.48%), Sugar: 32.09g (35.66%), Cholesterol: 13mg (4.33%), Sodium: 247.34mg (10.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.62g (17.25%), Manganese: 1.38mg (69.12%), Selenium: 27.16µg (38.79%), Vitamin B1: 0.37mg (24.63%), Fiber: 4.88g (19.53%), Phosphorus: 191.64mg (19.16%), Vitamin B2: 0.3mg (17.43%), Folate: 62.1µg (15.52%), Vitamin B3: 3.02mg (15.12%), Iron: 2.63mg (14.63%), Magnesium: 56.47mg (14.12%), Copper: 0.22mg (11.06%), Potassium: 350.37mg (10.01%), Calcium: 91.47mg (9.15%), Vitamin B6: 0.18mg (8.89%), Zinc: 1.23mg (8.22%), Vitamin B5: 0.57mg (5.68%), Vitamin D: 0.74µg (4.95%), Vitamin B12: 0.27µg (4.46%), Vitamin A: 177.15IU (3.54%), Vitamin E: 0.34mg (2.23%), Vitamin K: 1.49µg (1.42%)