



Gluten-Free Irish Soda Bread

 Vegetarian

READY IN



400 min.

SERVINGS



12

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 16 oz flour gluten free
- 1.5 teaspoons baking soda
- 1 teaspoon double-acting baking powder gluten-free
- 0.8 teaspoon salt
- 0.5 teaspoon xanthan gum
- 0.5 cup raisins
- 0.3 cup sugar
- 3 tablespoons butter softened

- 1 eggs
- 1 cup buttermilk

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- wire rack
- hand mixer

Directions

- Heat oven to 450°F. Grease cookie sheet with shortening or cooking spray.
- In medium bowl, stir together flour blend, baking soda, baking powder, salt and xanthan gum. Stir in raisins; set aside.
- In large bowl, beat sugar, butter and egg with electric mixer on medium speed about 2 minutes or until light and fluffy. Gradually stir in flour blend mixture alternately with buttermilk, beginning and ending with flour blend mixture.
- Place on surface lightly sprinkled with flour blend. Knead gently 4 or 5 times.
- Place dough on cookie sheet; pat into circle about 1 1/2 inches thick. With sharp knife, cut X across loaf about 1/2 inch deep.
- Bake at 450°F 5 minutes; reduce heat to 350°F, and bake 25 minutes longer or until golden brown and bottom sounds hollow when tapped.
- Remove from pan to cooling rack. Cool completely before slicing, about 4 hours.
- Serve with butter and jam, if desired.

Nutrition Facts



PROTEIN 9.66% FAT 17.87% CARBS 72.47%

Properties

Glycemic Index:31.41, Glycemic Load:26.71, Inflammation Score:-3, Nutrition Score:6.8865216737208%

Nutrients (% of daily need)

Calories: 214.85kcal (10.74%), Fat: 4.27g (6.56%), Saturated Fat: 2.36g (14.77%), Carbohydrates: 38.93g (12.98%), Net Carbohydrates: 37.4g (13.6%), Sugar: 5.25g (5.84%), Cholesterol: 23.36mg (7.79%), Sodium: 372.29mg (16.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.38%), Selenium: 14.78µg (21.11%), Vitamin B1: 0.31mg (20.97%), Folate: 72.18µg (18.05%), Vitamin B2: 0.25mg (14.76%), Manganese: 0.28mg (13.82%), Vitamin B3: 2.32mg (11.61%), Iron: 2.02mg (11.23%), Phosphorus: 78.09mg (7.81%), Fiber: 1.53g (6.11%), Calcium: 52.97mg (5.3%), Copper: 0.08mg (4.04%), Potassium: 123.77mg (3.54%), Magnesium: 12.73mg (3.18%), Vitamin B5: 0.3mg (3.04%), Vitamin A: 140.26IU (2.81%), Zinc: 0.4mg (2.68%), Vitamin D: 0.33µg (2.22%), Vitamin B12: 0.13µg (2.18%), Vitamin B6: 0.04mg (2.08%), Vitamin E: 0.16mg (1.04%)