



Gluten-Free Tuesday: Soda Bread

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



773 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 5 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 8 ounces butter (2 sticks)
- 2 cups buttermilk
- 4 tablespoons caraway seeds
- 0.3 cup cornstarch
- 2 large eggs
- 1 cup granulated sugar

- 0.3 cup potato flour
- 1.5 cups raisins
- 3.5 cups rice flour white
- 1.5 teaspoons salt
- 0.5 cup rice flour sweet
- 0.5 teaspoon xanthan gum

Equipment

- bowl
- frying pan
- oven
- whisk
- mixing bowl
- wire rack
- blender
- stand mixer
- springform pan

Directions

- Adjust oven rack to center position. Preheat oven to 350 °F. Spray a 9-inch springform pan with non-stick cooking spray.
- In medium mixing bowl, whisk together white rice flour, sweet rice flour, cornstarch, potato starch, caraway seeds, baking powder, salt, baking soda, and xanthan gum. Set aside.
- In bowl of stand mixer, cream together butter and granulated sugar on medium-high speed until a thick paste forms, about 30 seconds.
- Add eggs, one at a time, until light and fluffy, about 1 minute. Stop mixer and scrape down sides and bottom of bowl.
- Add half the dry ingredients. Turn mixer on to low speed.
- Mix until incorporated, about 20 seconds.
- Add half the buttermilk.

- Mix until thoroughly combined. Repeat with remaining dry ingredients and buttermilk. After adding buttermilk, mix until batter is thick and fluffy, about 45 seconds.
- Add raisins, mix until incorporated.
- Spread batter evenly into prepared pan.
- Bake bread until golden brown, about 80 minutes. A cake tester inserted into the center of the bread should come out clean.
- Allow bread to cool in the pan for 10 minutes. Unmold bread and place on a wire rack to cool completely. Store on the counter for up to two days or freeze for up to two months.

Nutrition Facts



PROTEIN 5.16%

FAT 32.03%

CARBS 62.81%

Properties

Glycemic Index:54.74, Glycemic Load:72.74, Inflammation Score:-6, Nutrition Score:14.916956538739%

Nutrients (% of daily need)

Calories: 772.9kcal (38.64%), Fat: 27.99g (43.05%), Saturated Fat: 16.48g (103.02%), Carbohydrates: 123.51g (41.17%), Net Carbohydrates: 118.12g (42.95%), Sugar: 28.23g (31.37%), Cholesterol: 114.05mg (38.02%), Sodium: 1117.76mg (48.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.14g (20.27%), Manganese: 1.1mg (54.88%), Selenium: 19.27µg (27.53%), Calcium: 269.84mg (26.98%), Phosphorus: 262.58mg (26.26%), Vitamin B6: 0.49mg (24.64%), Fiber: 5.39g (21.56%), Vitamin A: 885.84IU (17.72%), Vitamin B2: 0.25mg (15%), Magnesium: 56.02mg (14%), Potassium: 482.54mg (13.79%), Vitamin B3: 2.73mg (13.67%), Vitamin B1: 0.2mg (13.22%), Copper: 0.25mg (12.58%), Iron: 2.09mg (11.63%), Vitamin B5: 1.14mg (11.42%), Zinc: 1.3mg (8.68%), Vitamin B12: 0.44µg (7.26%), Vitamin D: 1.03µg (6.87%), Vitamin E: 1.01mg (6.71%), Folate: 15.29µg (3.82%), Vitamin C: 2.29mg (2.77%), Vitamin K: 2.2µg (2.1%)