



Grandma's Unbaked Irish Soda Bread

 Vegetarian  Vegan  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



143 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 2.5 cups flour all-purpose
- 1 teaspoon salt

Equipment

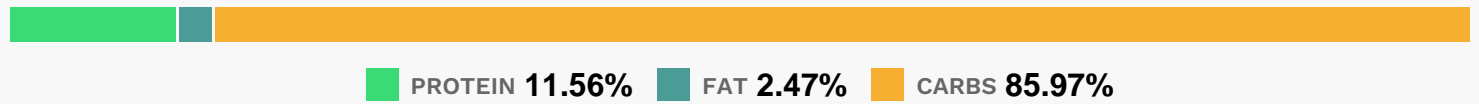
- bowl
- frying pan
- wire rack

toothpicks

Directions

- Preheat an electric griddle or fry pan to medium-high, about 350 degrees F (175 degrees C). Stir the flour, salt, baking powder, and baking soda together in a large bowl until well combined.
- Stir in the buttermilk, 1/2 cup at a time, until the mixture forms a very sticky ball of dough. Turn the dough out onto a well-floured surface, and knead gently 8 to 10 times. Pat the dough into a circle about 1 1/2 inch thick, and cut the circle into quarters.
- Place the wedges onto the preheated griddle and cook until the bottom is golden brown, about 15 minutes; turn over and cook the other side until golden, another 10 to 15 minutes. A toothpick inserted into the center of a wedge should come out clean. Stand the wedges on a wire rack to cool, then cut each wedge in half and slice horizontally for serving.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:21.76, Inflammation Score:-3, Nutrition Score:5.6521739758875%

Nutrients (% of daily need)

Calories: 142.59kcal (7.13%), Fat: 0.38g (0.59%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 30.02g (10.01%), Net Carbohydrates: 28.96g (10.53%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 507.77mg (22.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.07%), Vitamin B1: 0.31mg (20.44%), Selenium: 13.25µg (18.92%), Folate: 71.48µg (17.87%), Manganese: 0.27mg (13.36%), Vitamin B3: 2.31mg (11.53%), Vitamin B2: 0.19mg (11.35%), Iron: 1.9mg (10.54%), Phosphorus: 58.62mg (5.86%), Calcium: 50.11mg (5.01%), Fiber: 1.06g (4.22%), Copper: 0.06mg (2.83%), Magnesium: 8.8mg (2.2%), Zinc: 0.27mg (1.83%), Vitamin B5: 0.17mg (1.71%), Potassium: 42.01mg (1.2%)