



## Irish Bread

READY IN



45 min.

SERVINGS



8

CALORIES



271 kcal

BREAD

## Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 8 servings butter
- ☐ 1 package yeast dry
- ☐ 1 eggs beaten
- ☐ 2 cups flour all-purpose sifted
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar

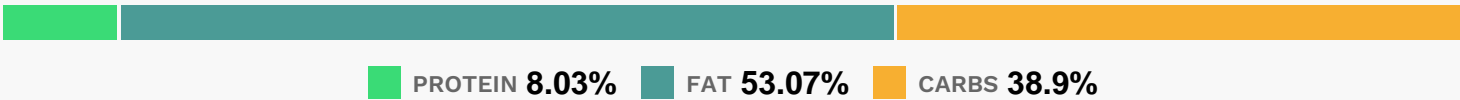
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack

## Directions

- ☐ Scald milk, and cool to lukewarm (105 to 115). Dissolve yeast and sugar in milk; stir well, and let stand 5 minutes or until bubbly.
- ☐ Add 2 tablespoons melted butter and egg, beating well. Stir in flour and salt, beating until smooth.
- ☐ Pour batter into a well greased 8-inch cast-iron skillet.
- ☐ Let rise in a warm place (85), free from drafts, 45 minutes or until doubled in bulk.
- ☐ Bake at 350 for 30 minutes.
- ☐ Remove bread from skillet immediately, and place on wire rack.
- ☐ Cut bread in half horizontally, and spread bottom layer with butter. Cover with top layer, and cut into wedges to serve.

## Nutrition Facts



## Properties

Glycemic Index:22.89, Glycemic Load:18.14, Inflammation Score:-6, Nutrition Score:7.4678260970699%

## Nutrients (% of daily need)

Calories: 270.51kcal (13.53%), Fat: 15.96g (24.56%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 26.33g (8.78%), Net Carbohydrates: 25.25g (9.18%), Sugar: 2.07g (2.3%), Cholesterol: 24.12mg (8.04%), Sodium: 330.84mg (14.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.87%), Vitamin B1: 0.36mg (24.17%), Folate: 80.42µg (20.11%), Selenium: 12.93µg (18.48%), Vitamin B2: 0.26mg (15.48%), Vitamin A: 705.09IU (14.1%), Vitamin B3: 2.24mg (11.18%), Manganese: 0.22mg (10.95%), Iron: 1.57mg (8.7%), Phosphorus: 85.04mg (8.5%), Calcium: 50.89mg (5.09%), Vitamin B5: 0.47mg (4.68%), Fiber: 1.08g (4.32%), Vitamin E: 0.63mg (4.23%), Vitamin B12: 0.23µg (3.86%), Zinc: 0.48mg (3.23%), Magnesium: 12.2mg (3.05%), Vitamin D: 0.45µg (2.97%), Potassium: 102.52mg (2.93%), Vitamin B6: 0.06mg (2.82%), Copper: 0.05mg (2.66%)