



## Irish Brown Soda Bread

 Vegetarian  Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



639 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon baking soda
- 1 cup bread flour
- 2.5 cups buttermilk
- 0.3 cup rolled oats
- 1 teaspoon salt
- 4 cups flour whole wheat

### Equipment

- bowl

baking sheet

oven

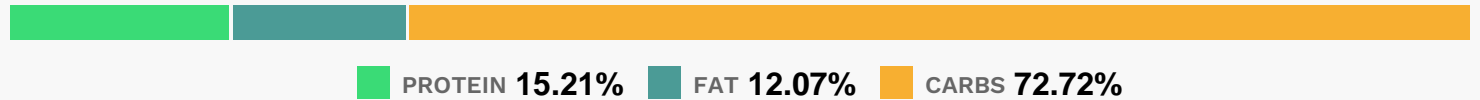
## Directions

Preheat oven to 425 degrees F (220 degrees C). Lightly grease two baking sheets.

In a large bowl, stir together whole wheat flour, white flour, rolled oats, baking soda and salt. Gently mix in the buttermilk until a soft dough is formed. Knead very lightly. Divide dough into 4 pieces; form into rounded flat loaves. Mark each loaf with an 'X' and place on prepared baking sheets.

Bake in preheated oven until golden brown, about 30 to 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:34.5, Glycemic Load:18.51, Inflammation Score:-8, Nutrition Score:30.715217476306%

## Nutrients (% of daily need)

Calories: 639.42kcal (31.97%), Fat: 8.92g (13.73%), Saturated Fat: 3.52g (21.98%), Carbohydrates: 120.92g (40.31%), Net Carbohydrates: 106.65g (38.78%), Sugar: 7.98g (8.86%), Cholesterol: 16.5mg (5.5%), Sodium: 1015.9mg (44.17%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 25.3g (50.61%), Manganese: 5.38mg (269.03%), Selenium: 94.07µg (134.39%), Phosphorus: 613.92mg (61.39%), Fiber: 14.27g (57.09%), Magnesium: 196.55mg (49.14%), Vitamin B1: 0.73mg (48.6%), Vitamin B3: 6.47mg (32.36%), Copper: 0.61mg (30.66%), Vitamin B2: 0.49mg (28.54%), Vitamin B6: 0.56mg (28.04%), Zinc: 4.2mg (28.02%), Iron: 4.94mg (27.44%), Calcium: 221.86mg (22.19%), Potassium: 693.93mg (19.83%), Folate: 72.77µg (18.19%), Vitamin B5: 1.51mg (15.06%), Vitamin D: 1.95µg (13%), Vitamin B12: 0.69µg (11.5%), Vitamin E: 1.11mg (7.4%), Vitamin A: 258.92IU (5.18%), Vitamin K: 2.96µg (2.82%)