



Irish Soda Bread

 Vegetarian

READY IN



75 min.

SERVINGS



15

CALORIES



197 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 tsp baking soda
- 0.5 cup butter cold cut into small pieces
- 1.3 cups buttermilk
- 1 tsp calumet baking powder
- 0.5 cup currants
- 3.3 cups flour
- 1 tsp salt
- 0.3 cup sugar divided

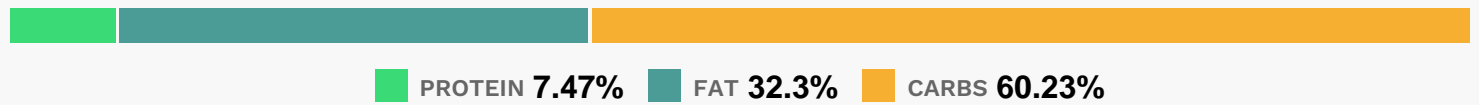
Equipment

- bowl
- baking sheet
- oven
- wire rack
- blender

Directions

- Heat oven to 350F.
- Combine flour, 1/3 cup sugar, baking powder, baking soda and salt in large bowl.
- Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs.
- Add buttermilk and currants; stir just until moistened.
- Place dough on lightly floured surface; knead 10 times. Shape into 2-1/2-inch-thick round.
- Place on baking sheet sprayed with cooking spray.
- Cut deep 1/2-inch "X" in top of dough; sprinkle with remaining sugar.
- Bake 1 hour or until golden brown.
- Remove bread from baking sheet to wire rack; cool completely before cutting into wedges.

Nutrition Facts



Properties

Glycemic Index:22.87, Glycemic Load:19.34, Inflammation Score:-3, Nutrition Score:5.2195652243884%

Nutrients (% of daily need)

Calories: 197.27kcal (9.86%), Fat: 7.13g (10.97%), Saturated Fat: 4.34g (27.13%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 28.98g (10.54%), Sugar: 8.54g (9.49%), Cholesterol: 18.61mg (6.2%), Sodium: 347.97mg (15.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Vitamin B1: 0.23mg (15.38%), Selenium: 10.11µg (14.44%), Folate: 51.34µg (12.83%), Vitamin B2: 0.18mg (10.63%), Manganese: 0.21mg (10.43%), Vitamin B3: 1.7mg (8.5%), Iron: 1.4mg (7.75%), Phosphorus: 61.25mg (6.13%), Calcium: 54.36mg (5.44%), Vitamin A: 227.79IU (4.56%),

Fiber: 0.94g (3.77%), Copper: 0.06mg (2.96%), Potassium: 97.08mg (2.77%), Magnesium: 10.06mg (2.52%),
Vitamin B5: 0.21mg (2.1%), Zinc: 0.3mg (1.97%), Vitamin D: 0.28µg (1.85%), Vitamin B12: 0.11µg (1.85%), Vitamin B6:
0.03mg (1.7%), Vitamin E: 0.21mg (1.41%)