



Irish Soda Bread

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



396 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon baking soda
- 1.8 cups buttermilk cold
- 1 cup currants dried
- 1 extra large eggs lightly beaten
- 4 cups flour all-purpose for currants
- 1.5 teaspoons kosher salt
- 1 teaspoon orange zest grated
- 4 tablespoons sugar

- 4 tablespoons butter unsalted cold cut into 1/2-inch dice ()

Equipment

- bowl
- frying pan
- baking paper
- oven
- blender
- hand mixer
- measuring cup
- serrated knife

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F. Line a sheet pan with parchment paper.
- Combine the flour, sugar, baking soda, and salt in the bowl of an electric mixer fitted with the paddle attachment.
- Add the butter and mix on low speed until the butter is mixed into the flour.
- With a fork, lightly beat the buttermilk, egg, and orange zest together in a measuring cup. With the mixer on low speed, slowly add the buttermilk mixture to the flour mixture.
- Combine the currants with 1 tablespoon of flour and mix into the dough. It will be very wet.
- Dump the dough onto a well-floured board and knead it a few times into a round loaf.
- Place the loaf on the prepared sheet pan and lightly cut an X into the top of the bread with a serrated knife.
- Bake for 45 to 55 minutes, or until a cake tester comes out clean. When you tap the loaf, it will have a hollow sound.
- Cool on a baking rack.
- Serve warm or at room temperature.

Nutrition Facts



■ PROTEIN 9.74% ■ FAT 19.77% ■ CARBS 70.49%

Properties

Glycemic Index:25.14, Glycemic Load:42.75, Inflammation Score:-5, Nutrition Score:12.69565222056%

Nutrients (% of daily need)

Calories: 395.79kcal (19.79%), Fat: 8.75g (13.47%), Saturated Fat: 4.92g (30.78%), Carbohydrates: 70.21g (23.4%), Net Carbohydrates: 67.7g (24.62%), Sugar: 19.96g (22.18%), Cholesterol: 46.87mg (15.62%), Sodium: 647.72mg (28.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.7g (19.41%), Vitamin B1: 0.55mg (36.5%), Selenium: 25.52µg (36.45%), Folate: 122.38µg (30.59%), Vitamin B2: 0.46mg (27.08%), Manganese: 0.52mg (25.82%), Vitamin B3: 4.04mg (20.2%), Iron: 3.39mg (18.82%), Phosphorus: 145.54mg (14.55%), Fiber: 2.51g (10.02%), Calcium: 91.92mg (9.19%), Potassium: 289.69mg (8.28%), Copper: 0.16mg (8.2%), Magnesium: 26.53mg (6.63%), Vitamin A: 313.55IU (6.27%), Vitamin D: 0.93µg (6.18%), Vitamin B5: 0.6mg (5.98%), Vitamin B6: 0.11mg (5.61%), Zinc: 0.8mg (5.35%), Vitamin B12: 0.32µg (5.26%), Vitamin E: 0.33mg (2.2%), Vitamin C: 1.19mg (1.44%), Vitamin K: 1.45µg (1.38%)