



Irish Soda Bread

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



348 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 tablespoons caraway seeds
- 1 tablespoon sugar
- 1.8 cups buttermilk well-shaken
- 1 teaspoon salt
- 1.5 teaspoons baking soda
- 1 cup raisins
- 4 cups flour all-purpose
- 2 tablespoons butter unsalted melted

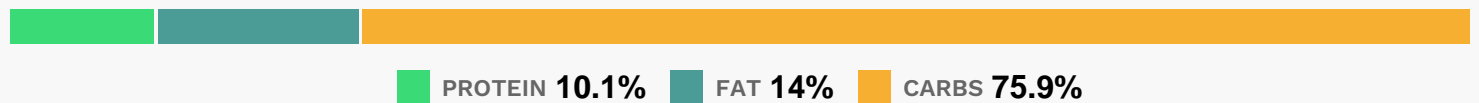
Equipment

- bowl
- baking sheet
- oven
- knife

Directions

- Preheat oven to 375°F. Butter and flour a large baking sheet, knocking off excess flour.
- Sift together 4 cups flour, baking soda, and salt into a large bowl and stir in sugar, caraway, and raisins.
- Add buttermilk and stir just until dough is evenly moistened but still lumpy.
- Transfer dough to a well-floured surface and gently knead with floured hands about 8 times to form a soft but slightly less sticky dough. Halve dough and form into 2 balls. Pat out each ball into a domed 6-inch round on baking sheet.
- Cut a 1/2-inch-deep X on top of each loaf with a sharp knife, then brush loaves with butter.
- Bake in middle of oven until golden brown and bottoms sound hollow when tapped, 35 to 40 minutes.
- Transfer loaves to racks to cool completely.

Nutrition Facts



Properties

Glycemic Index:29.36, Glycemic Load:43.98, Inflammation Score:-5, Nutrition Score:12.080434718858%

Nutrients (% of daily need)

Calories: 348.32kcal (17.42%), Fat: 5.46g (8.39%), Saturated Fat: 2.93g (18.32%), Carbohydrates: 66.54g (22.18%), Net Carbohydrates: 63.19g (22.98%), Sugar: 4.24g (4.71%), Cholesterol: 13.3mg (4.43%), Sodium: 557.93mg (24.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.7%), Vitamin B1: 0.54mg (36.01%), Selenium: 23.42µg (33.46%), Folate: 117.76µg (29.44%), Vitamin B2: 0.44mg (25.75%), Manganese: 0.49mg (24.62%), Vitamin B3: 3.98mg (19.91%), Iron: 3.57mg (19.84%), Fiber: 3.35g (13.39%), Phosphorus: 132.95mg (13.29%), Potassium:

303.41mg (8.67%), Copper: 0.17mg (8.45%), Calcium: 83.61mg (8.36%), Magnesium: 27.42mg (6.85%), Zinc: 0.74mg (4.9%), Vitamin D: 0.74µg (4.9%), Vitamin B5: 0.49mg (4.85%), Vitamin B6: 0.08mg (4.23%), Vitamin B12: 0.25µg (4.12%), Vitamin A: 178.17IU (3.56%), Vitamin C: 1.22mg (1.47%), Vitamin E: 0.18mg (1.22%)