



## Irish Soda Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



159 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 tablespoon caraway seeds
- 1 teaspoon salt
- 2 cups buttermilk
- 1 cup currants dried dry hot rinsed
- 4 cups bread flour
- 1 tablespoon double-acting baking powder
- 0.8 teaspoon baking soda

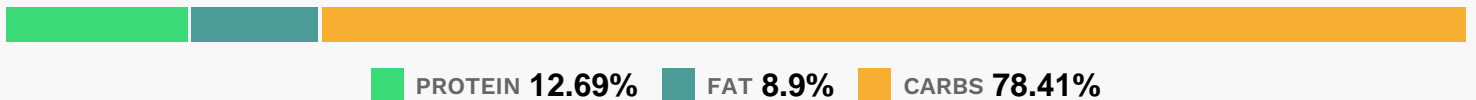
## Equipment

- bowl
- baking sheet
- oven
- knife

## Directions

- Into a large bowl sift together the flour, the baking powder, the salt, and the baking soda and stir in the raisins and the caraway seeds.
- Add the buttermilk and stir the mixture until it forms a dough. Turn the dough out onto a well-floured surface and knead it for 1 minute. Halve the dough, with floured hands shape each half into a round loaf, and transfer the loaves to a lightly greased baking sheet.
- Cut an X 1/4 inch deep across the tops of the loaves with a sharp knife and bake the loaves in the middle of a preheated 350°F. oven for 45 to 55 minutes, or until a tester comes out clean.
- Transfer the loaves to racks and let them cool.

## Nutrition Facts



## Properties

Glycemic Index:13.44, Glycemic Load:16.96, Inflammation Score:-1, Nutrition Score:4.5117390920287%

## Nutrients (% of daily need)

Calories: 159.16kcal (7.96%), Fat: 1.59g (2.44%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 30.16g (10.97%), Sugar: 7.17g (7.97%), Cholesterol: 3.3mg (1.1%), Sodium: 312.2mg (13.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Selenium: 13.63µg (19.47%), Manganese: 0.3mg (14.81%), Calcium: 93.85mg (9.39%), Phosphorus: 83.29mg (8.33%), Fiber: 1.29g (5.16%), Vitamin B2: 0.08mg (4.97%), Copper: 0.09mg (4.74%), Potassium: 146.93mg (4.2%), Magnesium: 15.23mg (3.81%), Vitamin B1: 0.05mg (3.66%), Iron: 0.6mg (3.36%), Folate: 12.75µg (3.19%), Zinc: 0.43mg (2.89%), Vitamin D: 0.39µg (2.6%), Vitamin B5: 0.25mg (2.55%), Vitamin B6: 0.05mg (2.52%), Vitamin B3: 0.5mg (2.49%), Vitamin B12: 0.14µg (2.3%), Vitamin A: 58.06IU (1.16%), Vitamin E: 0.17mg (1.1%)