



HEALTH SCORE

54%

Irish Soda Bread

READY IN



55 min.

SERVINGS



1

CALORIES



1789 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 tablespoons butter softened
- ☐ 0.8 cup buttermilk
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar

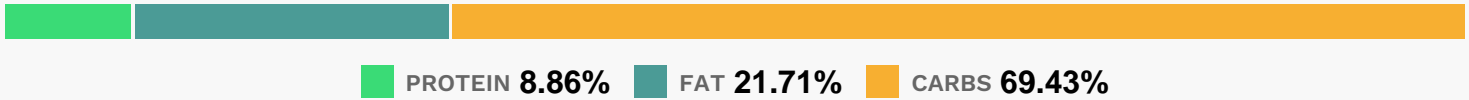
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ blender

Directions

- ☐ Heat oven to 375F. Grease cookie sheet.
- ☐ Cut butter into flour, sugar, baking soda, baking powder and salt in large bowl, using pastry blender or crisscrossing 2 knives, until mixture resembles fine crumbs. Stir in raisins and just enough buttermilk so dough leaves side of bowl.
- ☐ Turn dough onto lightly floured surface. Knead 1 to 2 minutes or until smooth. Shape into round loaf, about 6 1/2 inches in diameter.
- ☐ Place on cookie sheet.
- ☐ Cut an X shape about 1/2 inch deep through loaf with floured knife.
- ☐ Bake 35 to 45 minutes or until golden brown.
- ☐ Brush with butter or margarine, softened, if desired.

Nutrition Facts



Properties

Glycemic Index:326.89, Glycemic Load:213.38, Inflammation Score:-10, Nutrition Score:46.561304574427%

Nutrients (% of daily need)

Calories: 1788.67kcal (89.43%), Fat: 43.17g (66.41%), Saturated Fat: 11g (68.78%), Carbohydrates: 310.57g (103.52%), Net Carbohydrates: 298.84g (108.67%), Sugar: 33.58g (37.31%), Cholesterol: 19.8mg (6.6%), Sodium: 3286.22mg (142.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.66g (79.31%), Vitamin B1: 2.6mg (173.07%), Selenium: 113.05µg (161.5%), Folate: 582.74µg (145.69%), Vitamin B2: 1.96mg (115.38%), Manganese: 2.27mg (113.59%), Vitamin B3: 19.16mg (95.8%), Iron: 16.27mg (90.38%), Phosphorus: 624.05mg (62.4%), Calcium:

516.01mg (51.6%), Fiber: 11.73g (46.93%), Vitamin A: 1799.34IU (35.99%), Copper: 0.64mg (32.2%), Potassium: 995.28mg (28.44%), Magnesium: 103.62mg (25.91%), Vitamin B5: 2.11mg (21.1%), Zinc: 2.96mg (19.76%), Vitamin D: 2.34µg (15.6%), Vitamin B6: 0.3mg (14.85%), Vitamin B12: 0.87µg (14.5%), Vitamin E: 1.62mg (10.77%), Vitamin C: 2.69mg (3.27%), Vitamin K: 1.48µg (1.41%)