

Irish Soda Bread

READY IN



55 min.

SERVINGS



14

CALORIES



128 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

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

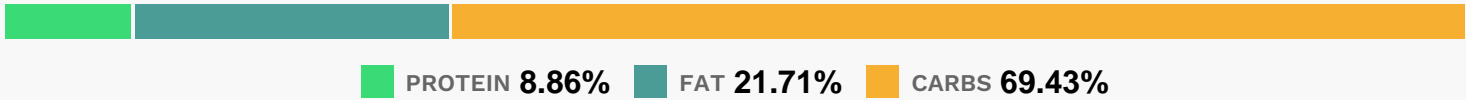
Equipment

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

Directions

- ☐ Heat oven to 375°F. 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:23.35, Glycemic Load:15.24, Inflammation Score:-2, Nutrition Score:3.9756521229511%

Nutrients (% of daily need)

Calories: 127.76kcal (6.39%), Fat: 3.08g (4.74%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 22.18g (7.39%), Net Carbohydrates: 21.35g (7.76%), Sugar: 2.4g (2.67%), Cholesterol: 1.41mg (0.47%), Sodium: 234.73mg (10.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.67%), Vitamin B1: 0.19mg (12.36%), Selenium: 8.07µg (11.54%), Folate: 41.62µg (10.41%), Vitamin B2: 0.14mg (8.24%), Manganese: 0.16mg (8.11%), Vitamin B3: 1.37mg (6.84%), Iron: 1.16mg (6.46%), Phosphorus: 44.58mg (4.46%), Calcium: 36.86mg (3.69%), Fiber: 0.84g (3.35%),

Vitamin A: 128.52IU (2.57%), Copper: 0.05mg (2.3%), Potassium: 71.09mg (2.03%), Magnesium: 7.4mg (1.85%),
Vitamin B5: 0.15mg (1.51%), Zinc: 0.21mg (1.41%), Vitamin D: 0.17µg (1.11%), Vitamin B6: 0.02mg (1.06%), Vitamin B12:
0.06µg (1.04%)