



Irish Soda Bread

READY IN



45 min.

SERVINGS



8

CALORIES



292 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons baking soda
- ☐ 0.3 cup butter softened
- ☐ 1.7 cups buttermilk
- ☐ 1 cup flour all-purpose sifted
- ☐ 1.5 teaspoons salt
- ☐ 3 cups flour whole wheat

Equipment

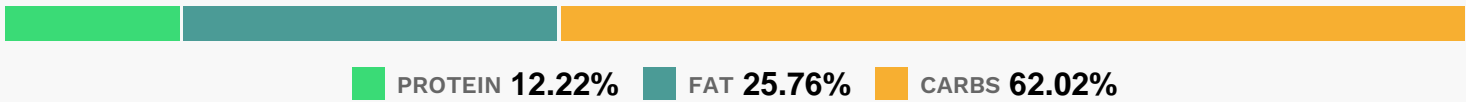
- ☐ baking sheet

- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender

Directions

- ☐ Sift together all-purpose flour, baking soda, and salt in a large mixing bowl.
- ☐ Cut in butter with a pastry blender until mixture resembles coarse meal. Stir in whole wheat flour, mixing well.
- ☐ Add buttermilk, stirring until the dry ingredients are thoroughly moistened.
- ☐ Turn dough out onto a lightly floured surface, and knead about 5 minutes. Shape dough into a round loaf; place on a greased baking sheet. Using a sharp knife, cut a cross 1/4-inch deep on top of loaf; lightly sprinkle cross with flour.
- ☐ Bake at 400 for 40 minutes or until bread sounds hollow when tapped.
- ☐ Remove from baking sheet, and cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:9.38, Inflammation Score:-6, Nutrition Score:15.650434681417%

Nutrients (% of daily need)

Calories: 291.88kcal (14.59%), Fat: 8.64g (13.3%), Saturated Fat: 2.35g (14.7%), Carbohydrates: 46.81g (15.6%), Net Carbohydrates: 41.58g (15.12%), Sugar: 2.67g (2.96%), Cholesterol: 5.5mg (1.83%), Sodium: 830.23mg (36.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.45%), Manganese: 1.94mg (96.99%), Selenium: 34.96µg (49.94%), Vitamin B1: 0.37mg (24.85%), Phosphorus: 221.66mg (22.17%), Fiber: 5.24g (20.95%), Magnesium: 70.31mg (17.58%), Vitamin B3: 3.2mg (16%), Vitamin B2: 0.24mg (14.12%), Iron: 2.36mg (13.13%), Folate: 50.96µg (12.74%), Copper: 0.22mg (10.99%), Vitamin B6: 0.21mg (10.43%), Zinc: 1.47mg (9.8%), Calcium: 77.54mg (7.75%), Potassium: 250.64mg (7.16%), Vitamin A: 340.29IU (6.81%), Vitamin B5: 0.54mg (5.36%), Vitamin D: 0.65µg (4.33%), Vitamin B12: 0.24µg (3.95%), Vitamin E: 0.58mg (3.89%)