



 **59%**  
HEALTH SCORE

## Irish Soda Bread

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



482 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 tsp apple cider vinegar
- 1 tsp baking soda
- 2 cups plant-based milk
- 1 tsp salt
- 4 cups pastry flour whole wheat

## Equipment

- frying pan
- baking sheet

- oven
- whisk
- mixing bowl
- wooden spoon
- aluminum foil
- skewers
- serrated knife
- chopsticks

## Directions

- Combine the apple cider vinegar with non-dairy milk and set aside for at least 5 minutes. Grab a really big mixing bowl (the biggest you have) and add the flour, sugar, baking soda, salt and raisins.
- Whisk until it's evenly combined and well incorporated.
- Whisk the non-dairy milk mixture a few times until it's light yellow and curdled. Slowly pour non-dairy milk mixture into the flour, stirring as you go with a wooden spoon until it's wet and dough-like. You may not use all of the liquid. Knead the dough once or twice to shape it into a ball but be careful not to over knead or it will be tough.
- Place dough on a greased cookie sheet or a greased cast-iron skillet (how the Irish do it). Using a serrated knife to make an "X".
- Bake 30 to 45 minutes @ 425F, until it's golden and cooked thoroughly. Check by pushing a long, wooden skewer or thin chopstick into the center. If it comes out clean, it's done. Also add an aluminum foil tent over top after 20-25 minutes if the top is burning or getting too dark.

- Nutritional Information
- Amount Per Serving
  - Calories
  - Fat
  - 50g
  - Carbohydrate
  - gDietary Fiber12.50gSugars NA Protein12.50g

## Nutrition Facts

PROTEIN 15.57% FAT 12.19% CARBS 72.24%

## Properties

Glycemic Index:19.5, Glycemic Load:2.17, Inflammation Score:-7, Nutrition Score:27.981738981993%

## Nutrients (% of daily need)

Calories: 481.73kcal (24.09%), Fat: 6.9g (10.62%), Saturated Fat: 2.79g (17.41%), Carbohydrates: 92.08g (30.69%), Net Carbohydrates: 79.24g (28.82%), Sugar: 6.37g (7.08%), Cholesterol: 14.64mg (4.88%), Sodium: 944.9mg (41.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.85g (39.71%), Manganese: 4.89mg (244.65%), Selenium: 76.48µg (109.26%), Phosphorus: 551.82mg (55.18%), Fiber: 12.84g (51.36%), Magnesium: 179.18mg (44.79%), Vitamin B1: 0.67mg (44.71%), Vitamin B3: 6.08mg (30.38%), Vitamin B6: 0.56mg (28.14%), Copper: 0.49mg (24.69%), Zinc: 3.62mg (24.15%), Iron: 4.33mg (24.06%), Vitamin B2: 0.37mg (21.55%), Calcium: 191.4mg (19.14%), Potassium: 620.54mg (17.73%), Folate: 52.8µg (13.2%), Vitamin B5: 1.18mg (11.79%), Vitamin B12: 0.66µg (10.98%), Vitamin D: 1.34µg (8.95%), Vitamin E: 0.91mg (6.09%), Vitamin A: 208.44IU (4.17%), Vitamin K: 2.65µg (2.52%)