



 **62%**  
HEALTH SCORE

## Irish Soda Bread

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



589 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 tsp apple cider vinegar
- 1 tsp baking soda
- 2 cups plant-based milk
- 1 cup raisins
- 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 13.2% FAT 10.16% CARBS 76.64%

## Properties

Glycemic Index:34.2, Glycemic Load:17.45, Inflammation Score:-7, Nutrition Score:30.190434808316%

## Nutrients (% of daily need)

Calories: 589.03kcal (29.45%), Fat: 7.1g (10.92%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 120.53g (40.18%), Net Carbohydrates: 105.22g (38.26%), Sugar: 6.37g (7.08%), Cholesterol: 14.64mg (4.88%), Sodium: 955.04mg (41.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.77g (41.53%), Manganese: 4.99mg (249.49%), Selenium: 76.7µg (109.57%), Fiber: 15.31g (61.22%), Phosphorus: 579.01mg (57.9%), Magnesium: 190.05mg (47.51%), Vitamin B1: 0.71mg (47.42%), Vitamin B3: 6.48mg (32.4%), Vitamin B6: 0.63mg (31.55%), Copper: 0.6mg (30.17%), Iron: 5.27mg (29.27%), Potassium: 919.61mg (26.27%), Vitamin B2: 0.43mg (25.43%), Zinc: 3.69mg (24.59%), Calcium: 201.54mg (20.15%), Folate: 53.89µg (13.47%), Vitamin B5: 1.2mg (11.95%), 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%), Vitamin C: 1.96mg (2.37%)