



Irish Soda Bread and Whiskey Butter

 Vegetarian

READY IN



565 min.

SERVINGS



8

CALORIES



437 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup butter at room temperature
- 1.3 cups buttermilk
- 3 cups flour all-purpose
- 1 cup raisins
- 1 teaspoon salt
- 0.5 cup irish whiskey

0.5 cup sugar white

Equipment

bowl

oven

whisk

toothpicks

casserole dish

Directions

Place raisins in a small bowl; pour in whiskey and allow to soak overnight.

The next day, drain raisins and reserve the leftover whiskey.

Preheat oven to 350 degrees F (175 degrees C).

Grease a 2-quart casserole dish.

Whisk together flour, sugar, baking powder, salt, and baking soda in a large bowl.

Stir drained raisins, orange peel, and caraway seeds into dry ingredients.

Beat in buttermilk and 1/4 cup melted butter to make a thick batter.

Transfer batter to prepared casserole dish.

Bake in the preheated oven until top is golden brown and a toothpick inserted into the center comes out clean, about 1 hour and 10 minutes.

Beat 1/2 cup butter in a bowl until fluffy; beat in reserved whiskey, 1 teaspoon at a time, to taste.

Serve with soda bread.

Nutrition Facts



PROTEIN 6.59% **FAT 29.69%** **CARBS 63.72%**

Properties

Glycemic Index:48.99, Glycemic Load:43.23, Inflammation Score:-5, Nutrition Score:10.135652324428%

Nutrients (% of daily need)

Calories: 436.59kcal (21.83%), Fat: 13.43g (20.66%), Saturated Fat: 8.16g (50.98%), Carbohydrates: 64.83g (21.61%), Net Carbohydrates: 62.33g (22.67%), Sugar: 14.58g (16.2%), Cholesterol: 34.9mg (11.63%), Sodium: 657.45mg (28.58%), Alcohol: 5.31g (100%), Alcohol %: 4.52% (100%), Protein: 6.7g (13.41%), Vitamin B1: 0.41mg (27.26%), Selenium: 17.7µg (25.29%), Folate: 88.75µg (22.19%), Vitamin B2: 0.34mg (20.04%), Manganese: 0.37mg (18.61%), Iron: 2.84mg (15.76%), Vitamin B3: 3.02mg (15.09%), Calcium: 149.96mg (15%), Phosphorus: 134.93mg (13.49%), Fiber: 2.5g (10%), Vitamin A: 420.55IU (8.41%), Potassium: 257.85mg (7.37%), Copper: 0.14mg (6.78%), Magnesium: 20.45mg (5.11%), Vitamin B5: 0.38mg (3.81%), Zinc: 0.53mg (3.54%), Vitamin B6: 0.07mg (3.48%), Vitamin D: 0.52µg (3.47%), Vitamin B12: 0.21µg (3.47%), Vitamin E: 0.39mg (2.57%), Vitamin C: 0.98mg (1.19%), Vitamin K: 1.25µg (1.19%)