



Irish Soda Bread from County Cork

 Vegetarian

READY IN



105 min.

SERVINGS



8

CALORIES



409 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 eggs
- ☐ 1 tablespoon milk
- ☐ 2 cups raisins
- ☐ 3 cups self-rising flour
- ☐ 0.8 cup sugar white

Equipment

- ☐ bowl

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ pastry cutter

Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C). Grease and flour a 9-inch round baking dish.
- ☐ In a large bowl, cut together the self-rising flour, sugar, and butter with a pastry cutter until the mixture resembles coarse crumbs. Stir in the raisins. In a separate bowl, whisk together egg with 1 cup of milk. Lightly mix the milk mixture into the flour mixture until it holds together.
- ☐ Place dough in prepared baking dish, and brush top with 1 tablespoon of milk for a nice golden brown crust.
- ☐ Place the bread into the preheated oven. Reduce heat to 350 degrees F (175 degrees C), and bake for 1 hour.
- ☐ Let cool before serving.

Nutrition Facts



Properties

Glycemic Index:35.49, Glycemic Load:50.43, Inflammation Score:-2, Nutrition Score:6.9082608637602%

Nutrients (% of daily need)

Calories: 408.56kcal (20.43%), Fat: 7.37g (11.34%), Saturated Fat: 4.03g (25.2%), Carbohydrates: 81.25g (27.08%), Net Carbohydrates: 77.66g (28.24%), Sugar: 18.97g (21.08%), Cholesterol: 35.94mg (11.98%), Sodium: 65.41mg (2.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.34g (14.69%), Selenium: 20.73µg (29.62%), Manganese: 0.47mg (23.52%), Fiber: 3.59g (14.36%), Potassium: 358.42mg (10.24%), Copper: 0.2mg (10%), Phosphorus: 87.14mg (8.71%), Iron: 1.47mg (8.15%), Vitamin B2: 0.13mg (7.52%), Magnesium: 23.62mg (5.91%), Vitamin B1: 0.08mg (5.45%), Folate: 19.35µg (4.84%), Vitamin B6: 0.1mg (4.81%), Vitamin B3: 0.88mg (4.41%), Vitamin A: 210.95IU (4.22%), Zinc: 0.55mg (3.67%), Vitamin B5: 0.32mg (3.21%), Vitamin E: 0.41mg (2.74%), Calcium: 24.46mg (2.45%), Vitamin C: 1.96mg (2.37%), Vitamin B12: 0.07µg (1.19%)