

Irish Soda Bread I

 Vegetarian

READY IN



70 min.

SERVINGS



16

CALORIES



259 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 eggs
- ☐ 4 cups flour all-purpose
- ☐ 1 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 1 pint cup heavy whipping cream sour
- ☐ 1 cup sugar white

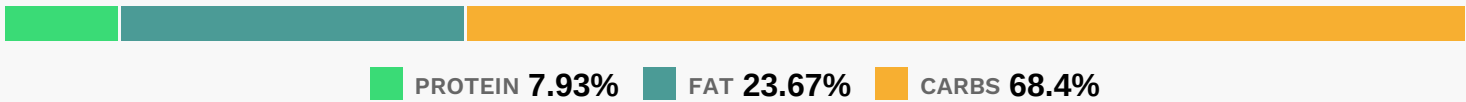
Equipment

- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease two 8x4 inch loaf pans.
- ☐ Mix the flour, sugar, baking soda, baking powder and salt.
- ☐ Add the eggs, sour cream and raisins and mix until just combined. Distribute batter evenly between the two pans.
- ☐ Bake loaves at 325 degrees F (165 degrees C) for 1 hour.

Nutrition Facts



Properties

Glycemic Index:18.49, Glycemic Load:29.92, Inflammation Score:-3, Nutrition Score:6.7999999678653%

Nutrients (% of daily need)

Calories: 259.32kcal (12.97%), Fat: 6.92g (10.64%), Saturated Fat: 3.31g (20.69%), Carbohydrates: 44.98g (14.99%), Net Carbohydrates: 43.51g (15.82%), Sugar: 13.6g (15.11%), Cholesterol: 48.14mg (16.05%), Sodium: 218.24mg (9.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Selenium: 14.35µg (20.5%), Vitamin B1: 0.26mg (17.65%), Folate: 63.11µg (15.78%), Vitamin B2: 0.26mg (15.33%), Manganese: 0.24mg (12.18%), Iron: 1.91mg (10.62%), Vitamin B3: 1.98mg (9.9%), Phosphorus: 90.31mg (9.03%), Calcium: 71.26mg (7.13%), Fiber: 1.46g (5.84%), Vitamin A: 228.79IU (4.58%), Potassium: 156.92mg (4.48%), Copper: 0.08mg (4.23%), Vitamin B5: 0.37mg (3.67%), Magnesium: 13.68mg (3.42%), Zinc: 0.44mg (2.94%), Vitamin B6: 0.06mg (2.85%), Vitamin B12: 0.14µg (2.26%), Vitamin E: 0.22mg (1.45%), Vitamin D: 0.17µg (1.1%)