



Irish Soda Bread II

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



292 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 cups buttermilk
- ☐ 1 tablespoon caraway seed
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar white

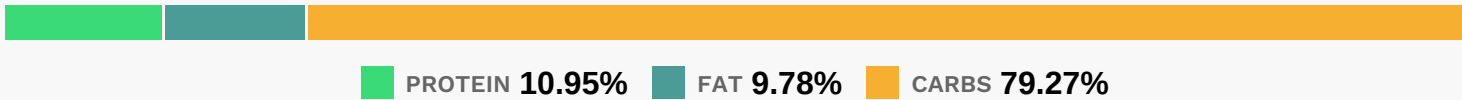
Equipment

- ☐ oven
- ☐ springform pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine flour, baking powder, salt, and sugar. Beat eggs with buttermilk.
- ☐ Add the eggs and buttermilk into the flour mixture; stir in raisins.
- ☐ Pour dough onto lightly floured board. Shape into a round loaf, adding flour if necessary.
- ☐ Place in a lightly greased springform pan.
- ☐ Sprinkle top with caraway seeds if desired.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour or until the bottom of the loaf sounds hollow when tapped.

Nutrition Facts



Properties

Glycemic Index:40.86, Glycemic Load:39.36, Inflammation Score:-4, Nutrition Score:10.205652072378%

Nutrients (% of daily need)

Calories: 292.23kcal (14.61%), Fat: 3.19g (4.91%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 58.26g (19.42%), Net Carbohydrates: 56.09g (20.4%), Sugar: 14.84g (16.49%), Cholesterol: 45.87mg (15.29%), Sodium: 317.94mg (13.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.1%), Selenium: 21.16µg (30.22%), Vitamin B1: 0.41mg (27.1%), Folate: 93.55µg (23.39%), Vitamin B2: 0.38mg (22.41%), Manganese: 0.36mg (17.97%), Iron: 2.86mg (15.86%), Vitamin B3: 2.94mg (14.72%), Phosphorus: 143.62mg (14.36%), Calcium: 131.62mg (13.16%), Fiber: 2.17g (8.68%), Copper: 0.12mg (6.1%), Potassium: 211.46mg (6.04%), Vitamin B5: 0.55mg (5.49%), Vitamin D: 0.81µg (5.37%), Magnesium: 21.06mg (5.26%), Vitamin B12: 0.3µg (5.08%), Zinc: 0.7mg (4.67%), Vitamin B6: 0.08mg (3.76%), Vitamin A: 136.37IU (2.73%), Vitamin E: 0.19mg (1.29%)