



Irish Soda Bread III

READY IN



185 min.

SERVINGS



48

CALORIES



54 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

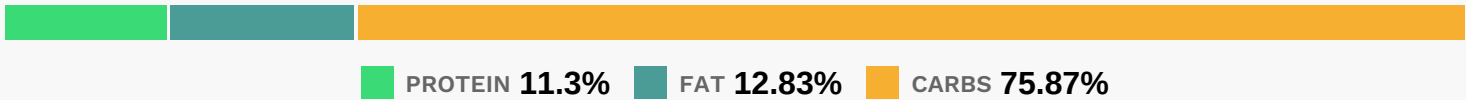
- ☐ 2 teaspoons active yeast dry
- ☐ 4.3 cups bread flour
- ☐ 3 teaspoons caraway seed
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons milk powder dry
- ☐ 0.7 cup raisins
- ☐ 1 teaspoon salt
- ☐ 1.5 cups warm water (110 degrees F/45 degrees C)
- ☐ 2 tablespoons sugar white

Equipment

Directions

- ☐ Add ingredients in order suggested by your manufacturer. Select fruit bread or basic bread setting.
- ☐ Add raisins when indicated by your manufacturer.

Nutrition Facts



Properties

Glycemic Index:5.02, Glycemic Load:6.45, Inflammation Score:-1, Nutrition Score:1.2713043388465%

Nutrients (% of daily need)

Calories: 54.42kcal (2.72%), Fat: 0.78g (1.2%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 9.86g (3.59%), Sugar: 0.65g (0.73%), Cholesterol: 0.3mg (0.1%), Sodium: 56.35mg (2.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Selenium: 4.49µg (6.41%), Manganese: 0.1mg (4.77%), Fiber: 0.48g (1.94%), Vitamin B1: 0.03mg (1.79%), Folate: 6.88µg (1.72%), Phosphorus: 16.34mg (1.63%), Copper: 0.03mg (1.47%), Vitamin B2: 0.02mg (1.18%), Magnesium: 4.12mg (1.03%)