



Irish Soda Bread in a Skillet

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



132 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vinegar

Equipment

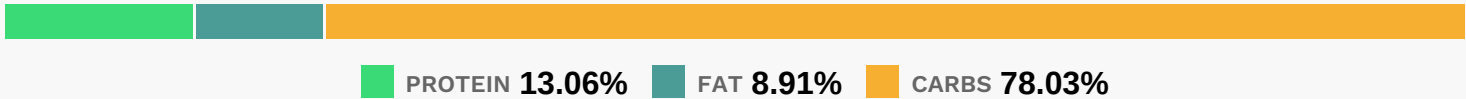
- ☐ bowl
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C). In a cup or small bowl, stir together the milk and vinegar.
- ☐ Let stand 10 minutes, or until curdled.
- ☐ In a medium bowl, stir together the flour, salt and baking soda. Stir in the curdled milk mixture until smooth. Scrape the dough out of the bowl onto a floured surface, and shape into a disc.
- ☐ Place the disc into a cast iron skillet.
- ☐ Bake for 15 minutes in the preheated oven, or until the crust feels firm to the touch.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:17.79, Inflammation Score:-2, Nutrition Score:5.2852174633223%

Nutrients (% of daily need)

Calories: 132.16kcal (6.61%), Fat: 1.28g (1.97%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 25.27g (8.42%), Net Carbohydrates: 24.43g (8.88%), Sugar: 1.55g (1.72%), Cholesterol: 3.66mg (1.22%), Sodium: 225.97mg (9.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin B1: 0.26mg (17.49%), Selenium: 11.18µg (15.97%), Folate: 57.19µg (14.3%), Vitamin B2: 0.2mg (11.56%), Manganese: 0.22mg (10.75%), Vitamin B3: 1.88mg (9.39%), Iron: 1.45mg (8.06%), Phosphorus: 64.58mg (6.46%), Calcium: 42.33mg (4.23%), Fiber: 0.84g (3.38%), Vitamin B12: 0.16µg (2.74%), Magnesium: 10.55mg (2.64%), Vitamin B5: 0.25mg (2.51%), Zinc: 0.34mg (2.29%), Copper: 0.05mg (2.27%), Potassium: 79.23mg (2.26%), Vitamin D: 0.34µg (2.24%), Vitamin B6: 0.03mg (1.62%)