

Irish Soda Bread IV

READY IN



45 min.

SERVINGS



8

CALORIES



599 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 5 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 2 cups buttermilk
- 2 tablespoons caraway seeds
- 2 eggs
- 4 cups flour all-purpose
- 0.5 cup butter
- 3 tablespoons milk
- 2.5 cups raisins

- 0.5 teaspoon salt
- 3 tablespoons cream sour
- 0.7 cup granulated sugar white

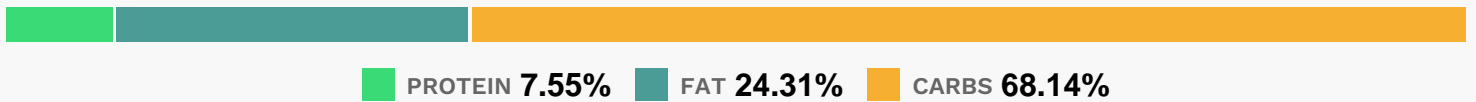
Equipment

- bowl
- frying pan
- oven
- loaf pan
- toothpicks
- pastry cutter

Directions

- Combine flour, sugar, baking powder, baking soda, and salt in a large bowl. Use fingers or a pastry cutter to press in butter or margarine, like a pie crust. When mixture looks fine and crumbly, add raisins and caraway seeds.
- Mix together and then add eggs, buttermilk, and sour cream. If mixture is not moist, add milk.
- Pour into two greased and lightly floured loaf pans or a frying pan.
- Bake at 375 degrees F (190 degrees C) for 45 to 60 minutes, or until a toothpick inserted in the bread comes out clean.

Nutrition Facts



Properties

Glycemic Index:45.61, Glycemic Load:66.88, Inflammation Score:-7, Nutrition Score:17.09130435275%

Nutrients (% of daily need)

Calories: 599.33kcal (29.97%), Fat: 16.64g (25.59%), Saturated Fat: 4.6g (28.75%), Carbohydrates: 104.9g (34.97%), Net Carbohydrates: 99.55g (36.2%), Sugar: 20.2g (22.45%), Cholesterol: 50.85mg (16.95%), Sodium: 777.44mg (33.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.63g (23.26%), Selenium: 27.62µg (39.45%),

Vitamin B1: 0.59mg (39.01%), Vitamin B2: 0.57mg (33.77%), Folate: 124.47µg (31.12%), Manganese: 0.57mg (28.71%), Calcium: 270.43mg (27.04%), Iron: 4.82mg (26.75%), Phosphorus: 249.92mg (24.99%), Vitamin B3: 4.32mg (21.62%), Fiber: 5.34g (21.38%), Potassium: 578.03mg (16.52%), Vitamin A: 708.48IU (14.17%), Copper: 0.27mg (13.29%), Magnesium: 40.76mg (10.19%), Vitamin B6: 0.16mg (8.25%), Vitamin B5: 0.74mg (7.39%), Vitamin B12: 0.43µg (7.13%), Vitamin D: 1.06µg (7.08%), Zinc: 1.01mg (6.74%), Vitamin E: 0.69mg (4.61%), Vitamin C: 2.83mg (3.43%)