



Irish Soda Bread with Currants and Caraway Seeds

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons caraway seeds
- ☐ 0.7 cup currants dried
- ☐ 1 pound pizza dough frozen thawed
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons butter unsalted melted

Equipment

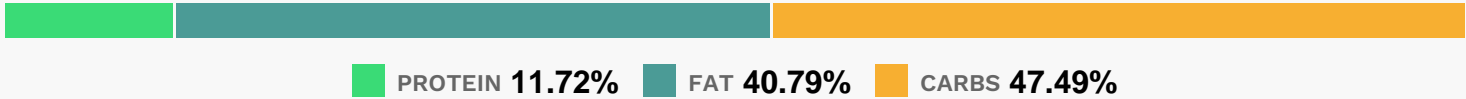
- ☐ frying pan

- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ kitchen towels

Directions

- ☐ Brush an 8 1/2-by-4 1/2-inch loaf pan with 1 Tbsp. melted butter.
- ☐ Flatten out dough on a lightly floured surface, sprinkle with one third of currants and caraway seeds, and knead in. Repeat with remaining currants and caraway seeds until all are kneaded into dough. Shape into a loaf, transfer to loaf pan, cover with a clean kitchen towel and allow to rise in a warm place until doubled in size, about 1 1/2 hours.
- ☐ Position rack in middle of oven and preheat to 375F.
- ☐ Brush dough with remaining melted butter, sprinkle with salt and bake until golden brown, 30 to 35 minutes.
- ☐ Let cool in pan on a wire rack. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:2.18, Inflammation Score:-3, Nutrition Score:6.6917390965897%

Nutrients (% of daily need)

Calories: 213.1kcal (10.65%), Fat: 9.88g (15.2%), Saturated Fat: 4.23g (26.45%), Carbohydrates: 25.88g (8.63%), Net Carbohydrates: 23.97g (8.71%), Sugar: 9.5g (10.56%), Cholesterol: 15.46mg (5.15%), Sodium: 331.72mg (14.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.78%), Selenium: 12.35µg (17.65%), Phosphorus: 116.34mg (11.63%), Calcium: 115.52mg (11.55%), Manganese: 0.23mg (11.32%), Vitamin B2: 0.17mg (9.76%), Vitamin B1: 0.14mg (9.36%), Iron: 1.57mg (8.75%), Copper: 0.17mg (8.42%), Fiber: 1.92g (7.67%), Vitamin B12: 0.45µg (7.47%), Vitamin B3: 1.45mg (7.27%), Vitamin A: 291.5IU (5.83%), Folate: 22.89µg (5.72%), Zinc: 0.82mg (5.45%), Potassium: 185.34mg (5.3%), Magnesium: 18.4mg (4.6%), Vitamin E: 0.68mg (4.51%), Vitamin B6: 0.08mg (4.2%), Vitamin K: 4.38µg (4.17%), Vitamin C: 1.32mg (1.6%), Vitamin B5: 0.13mg (1.33%)