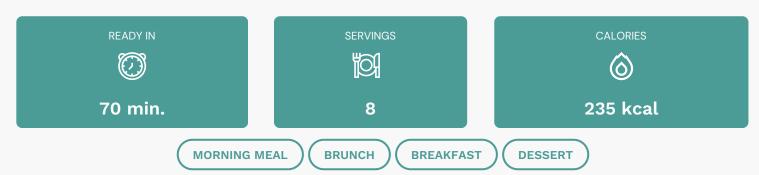


Irish Soda Bread with Raisins

🐍 Vegetarian



Ingredients

- 2 cups flour
- 1.5 teaspoons double-acting baking powder
- 0.8 teaspoon baking soda
- 3 tablespoons butter chilled cut into cubes
- 1 cup buttermilk
- 0.7 cup raisins
- 1 teaspoon salt
 - 5 tablespoons sugar divided

Equipment

bowl
frying pan
oven
whisk
cake form

Directions

	Preheat oven to 375°F. Spray 8-inch-diameter cake pan with nonstick spray.
	Whisk flour, 4 tablespoons sugar, baking powder, salt, and baking soda in large bowl to blend.
	Add butter. Using fingertips, rub in until coarse meal forms. Make well in center of flour mixture.
	Add buttermilk. Gradually stir dry ingredients into milk to blend.
	Mix in raisins.
	Using floured hands, shape dough into ball.
	Transfer to prepared pan and flatten slightly (dough will not come to edges of pan).
	Sprinkle dough with remaining 1 tablespoon sugar.
	Bake bread until brown and tester inserted into center comes out clean, about 40 minutes. Cool bread in pan 10 minutes.
	Transfer to rack.
	Serve warm or at room temperature.
Nutrition Facts	
PROTEIN 7.6% 📕 FAT 21.27% 📒 CARBS 71.13%	

Properties

Glycemic Index:47.11, Glycemic Load:28.23, Inflammation Score:-3, Nutrition Score:6.6017391033795%

Nutrients (% of daily need)

Calories: 235.03kcal (11.75%), Fat: 5.65g (8.69%), Saturated Fat: 3.34g (20.87%), Carbohydrates: 42.47g (14.16%), Net Carbohydrates: 40.81g (14.84%), Sugar: 9.04g (10.04%), Cholesterol: 14.59mg (4.86%), Sodium: 542.13mg (23.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Vitamin B1: 0.27mg (18.21%), Selenium: 11.88µg (16.97%), Folate: 59.21µg (14.8%), Vitamin B2: 0.23mg (13.6%), Manganese: 0.25mg (12.39%), Iron: 1.86mg (10.34%), Vitamin B3: 2.01mg (10.04%), Calcium: 88.16mg (8.82%), Phosphorus: 86mg (8.6%), Fiber: 1.67g (6.67%), Potassium: 175.24mg (5.01%), Copper: 0.09mg (4.49%), Vitamin A: 180.7IU (3.61%), Magnesium: 13.81mg (3.45%), Vitamin B5: 0.26mg (2.62%), Vitamin D: 0.39µg (2.6%), Vitamin B12: 0.15µg (2.45%), Zinc: 0.36mg (2.41%), Vitamin B6: 0.05mg (2.37%), Vitamin E: 0.16mg (1.08%)