



Irish Soda Bread with Raisins

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



235 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

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



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: 0g (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%)