



Irish Soda Farls

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



265 kcal

BEVERAGE

DRINK

Ingredients

- 1 teaspoon baking soda
- 1 cup buttermilk
- 2 cups flour all-purpose
- 0.5 teaspoon salt

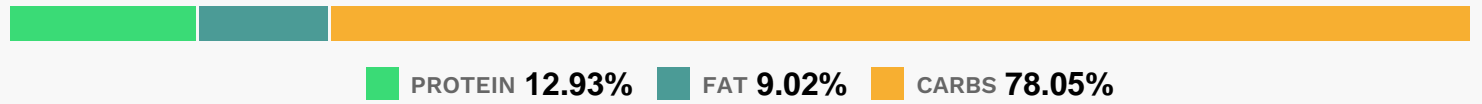
Equipment

- bowl
- frying pan
- knife

Directions

- Preheat heavy based flat griddle or skillet on medium to low heat.
- Place flour and salt in a bowl and sift in baking soda. Make a well in the center, and pour in the buttermilk.
- Work quickly to mix into dough and knead very lightly on a well floured surface. Form into a flattened circle, about 1/2 inch thick and cut into quarters with a floured knife.
- Sprinkle a little flour over the base of the hot pan and cook the farls for 6 to 8 minutes on each side or until golden brown.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:35.41, Inflammation Score:-5, Nutrition Score:10.585652044286%

Nutrients (% of daily need)

Calories: 264.7kcal (13.24%), Fat: 2.6g (4%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 50.62g (16.87%), Net Carbohydrates: 48.93g (17.79%), Sugar: 3.1g (3.44%), Cholesterol: 6.6mg (2.2%), Sodium: 628.53mg (27.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.76%), Vitamin B1: 0.52mg (34.59%), Selenium: 23.41µg (33.44%), Folate: 117.38µg (29.34%), Vitamin B2: 0.41mg (24.23%), Manganese: 0.43mg (21.47%), Vitamin B3: 3.74mg (18.72%), Iron: 2.92mg (16.22%), Phosphorus: 118.5mg (11.85%), Calcium: 78.56mg (7.86%), Fiber: 1.69g (6.75%), Copper: 0.11mg (5.26%), Vitamin D: 0.78µg (5.2%), Vitamin B5: 0.5mg (5.02%), Magnesium: 19.76mg (4.94%), Vitamin B12: 0.28µg (4.6%), Zinc: 0.67mg (4.44%), Potassium: 147.93mg (4.23%), Vitamin B6: 0.05mg (2.45%), Vitamin A: 99IU (1.98%)