

Irish Soda Loaf

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



501 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 2 teaspoons caraway seeds
- ☐ 3 large eggs at room temperature
- ☐ 3.8 cups flour
- ☐ 1.7 cups raisins
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 0.3 pound butter unsalted cold cut into small cubes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Heat the oven to 40
- ☐ Butter a 9-by-5-inch loaf pan. In a large bowl, whisk together the flour, sugar, baking powder, baking soda, and salt.
- ☐ Cut or rub in the butter until the mixture is the texture of fine meal. Stir in the raisins and caraway seeds.
- ☐ In a medium bowl, whisk two of the eggs to combine.
- ☐ Whisk in the buttermilk.
- ☐ Pour the buttermilk mixture into the dry ingredients and stir until just combined.
- ☐ Put the dough on a floured work surface, pat into a loaf, and put into the prepared pan. Beat the final egg to mix and brush the top of the loaf with it. Using a sharp knife, cut a 1/4-inch-deep lengthwise slash down the middle of the loaf leaving a 1-inch margin at either end.
- ☐ Bake the soda bread in the middle of the oven until well browned and a toothpick inserted in the center comes out clean, 1 hour to 1 hour and 10 minutes. Turn the loaf out onto a rack and let cool.
- ☐ Serve warm or at room temperature.

Nutrition Facts



 PROTEIN 8.11%  FAT 26.65%  CARBS 65.24%

Properties

Glycemic Index:40.86, Glycemic Load:54.76, Inflammation Score:-6, Nutrition Score:14.350434614264%

Nutrients (% of daily need)

Calories: 500.59kcal (25.03%), Fat: 15.12g (23.27%), Saturated Fat: 8.59g (53.66%), Carbohydrates: 83.28g (27.76%), Net Carbohydrates: 79.45g (28.89%), Sugar: 14.18g (15.75%), Cholesterol: 103.53mg (34.51%), Sodium: 495.27mg (21.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.36g (20.72%), Selenium: 27.19µg (38.85%), Vitamin B1: 0.52mg (34.53%), Folate: 118.92µg (29.73%), Vitamin B2: 0.49mg (28.87%), Manganese: 0.49mg (24.74%), Iron: 4.15mg (23.06%), Phosphorus: 198.62mg (19.86%), Vitamin B3: 3.86mg (19.3%), Calcium: 186.83mg (18.68%), Fiber: 3.83g (15.32%), Potassium: 389.13mg (11.12%), Copper: 0.2mg (10.23%), Vitamin A: 506.79IU (10.14%), Magnesium: 29.32mg (7.33%), Vitamin B5: 0.69mg (6.87%), Vitamin D: 0.98µg (6.52%), Vitamin B6: 0.13mg (6.37%), Zinc: 0.86mg (5.75%), Vitamin B12: 0.33µg (5.48%), Vitamin E: 0.59mg (3.96%), Vitamin C: 1.74mg (2.1%), Vitamin K: 1.31µg (1.25%)