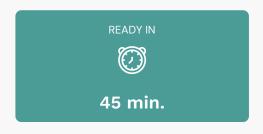
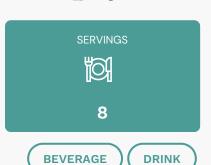


Irish Soda Loaf

Vegetarian







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		
E~	uinmant		
Equipment			
	bowl		
	frying pan		
	oven		
	knife		
	whisk		
	loaf pan		
	toothpicks		
Dii	rections		
	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-inchdeep 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

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 %: O% (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%)