



## Kinsale's Irish Soda Bread

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



233 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 cups buttermilk
- ☐ 2 tablespoons plus light
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup salad oil
- ☐ 0.8 teaspoon salt
- ☐ 2.5 cups flour whole-wheat

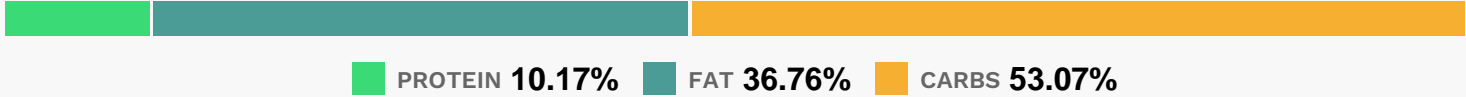
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ cake form

## Directions

- ☐ In a bowl, mix whole-wheat flour, 1/2 cup all-purpose flour, soda, and salt.
- ☐ Add buttermilk, 1/3 cup oil, and molasses; stir until well moistened.
- ☐ Rub a 9-inch cake pan with oil, then dust with all-purpose flour. Scrape the bread batter into the pan and spread level.
- ☐ Bake in a 400 regular or convection oven until bread is well browned and just begins to pull from pan sides, 35 to 45 minutes.
- ☐ Let cool in pan at least 5 minutes.
- ☐ Cut loaf into wedges in pan or invert from pan, turn over, and cut into wedges.

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:4.82, Inflammation Score:-3, Nutrition Score:10.7499999942987%

## Nutrients (% of daily need)

Calories: 232.97kcal (11.65%), Fat: 9.88g (15.19%), Saturated Fat: 1.6g (10%), Carbohydrates: 32.08g (10.69%), Net Carbohydrates: 28.7g (10.44%), Sugar: 5.86g (6.51%), Cholesterol: 5.28mg (1.76%), Sodium: 337.7mg (14.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.3%), Manganese: 1.27mg (63.25%), Selenium: 22.47µg (32.1%), Phosphorus: 154.65mg (15.46%), Vitamin B1: 0.22mg (14.99%), Fiber: 3.38g (13.52%), Magnesium: 47.32mg (11.83%), Vitamin E: 1.56mg (10.38%), Vitamin B2: 0.16mg (9.58%), Vitamin B3: 1.9mg (9.5%), Iron: 1.39mg (7.7%), Copper: 0.14mg (7.21%), Vitamin B6: 0.14mg (7.11%), Zinc: 1.03mg (6.84%), Folate: 27.04µg (6.76%), Calcium: 67.02mg (6.7%), Vitamin K: 6.06µg (5.77%), Potassium: 180.47mg (5.16%), Vitamin D: 0.62µg (4.16%), Vitamin B5: 0.39mg (3.91%), Vitamin B12: 0.22µg (3.68%), Vitamin A: 81.9IU (1.64%)