



Macomb's Irish Soda Bread

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



421 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 2 tablespoons caraway seeds
- 2 eggs
- 3.5 cups flour all-purpose
- 0.8 cup raisins
- 1 teaspoon salt
- 16 ounce cup heavy whipping cream sour

0.5 cup sugar white

Equipment

bowl

frying pan

oven

whisk

toothpicks

springform pan

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9-inch springform pan.

In a large bowl, mix together the flour, sugar, caraway seeds, baking powder, salt, and baking soda until the mixture is well combined. In another bowl, whisk the eggs with the sour cream. Gently stir the sour cream mixture into the flour mixture until the dough just comes together; mix in raisins. Spoon the dough into the prepared springform pan.

Bake until the bread has risen and the top is golden brown, 40 to 45 minutes. A toothpick inserted into the center of the bread should come out clean. Cool the bread in the pan for 10 minutes before attempting to loosen the sides of the pan for removal.

Cut into wedges and serve warm.

Nutrition Facts



PROTEIN 8.49% **FAT 27.23%** **CARBS 64.28%**

Properties

Glycemic Index:36.99, Glycemic Load:44.9, Inflammation Score:-5, Nutrition Score:12.128260721331%

Nutrients (% of daily need)

Calories: 420.94kcal (21.05%), Fat: 12.91g (19.87%), Saturated Fat: 6.19g (38.68%), Carbohydrates: 68.58g (22.86%), Net Carbohydrates: 65.61g (23.86%), Sugar: 14.61g (16.23%), Cholesterol: 74.37mg (24.79%), Sodium: 503.56mg (21.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.06g (18.12%), Selenium: 24.36µg (34.79%), Vitamin B1: 0.47mg (31.07%), Folate: 109.21µg (27.3%), Vitamin B2: 0.45mg (26.38%), Manganese: 0.44mg (21.97%), Iron:

3.48mg (19.36%), Vitamin B3: 3.5mg (17.48%), Phosphorus: 164.56mg (16.46%), Calcium: 144.84mg (14.48%), Fiber: 2.97g (11.89%), Vitamin A: 418.08IU (8.36%), Potassium: 277.49mg (7.93%), Copper: 0.15mg (7.64%), Magnesium: 27.25mg (6.81%), Vitamin B5: 0.6mg (6.05%), Zinc: 0.82mg (5.47%), Vitamin B6: 0.1mg (4.85%), Vitamin B12: 0.22µg (3.62%), Vitamin E: 0.4mg (2.68%), Vitamin C: 1.56mg (1.89%), Vitamin D: 0.22µg (1.47%)