



McNamara's Irish Soda Bread

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



244 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 3.5 tablespoons butter softened
- 2 eggs
- 2.5 cups flour all-purpose
- 0.5 cup milk
- 0.5 cup raisins
- 0.5 teaspoon salt

1 tablespoon sugar white

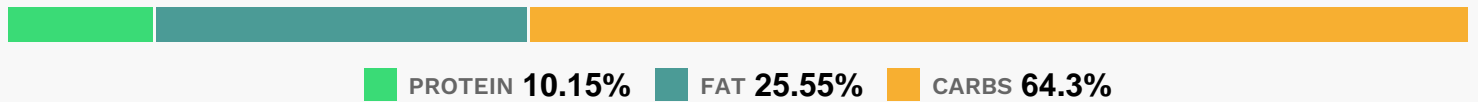
Equipment

- oven
- mixing bowl
- loaf pan
- toothpicks
- stand mixer

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Grease an 8 1/2x4 1/2-inch loaf pan.
- Mix flour, baking powder, baking soda, 9 tablespoons sugar, and salt in the mixing bowl of a large stand mixer on low speed until combined.
- Mix in butter until thoroughly combined.
- Beat in milk, then eggs, then raisins, incorporating each ingredient well before adding the next.
- Transfer dough to the prepared loaf pan and sprinkle with 1 tablespoon sugar.
- Bake in the preheated oven until bread has risen and the top is golden brown, about 45 minutes. A toothpick or cake tester inserted into the center should come out clean.
- Cool for about 10 minutes before slicing. Best served warm.

Nutrition Facts



Properties

Glycemic Index:47.99, Glycemic Load:26.77, Inflammation Score:-4, Nutrition Score:7.8091304509536%

Nutrients (% of daily need)

Calories: 243.72kcal (12.19%), Fat: 6.94g (10.67%), Saturated Fat: 3.85g (24.08%), Carbohydrates: 39.28g (13.09%), Net Carbohydrates: 37.61g (13.68%), Sugar: 2.38g (2.64%), Cholesterol: 55.92mg (18.64%), Sodium: 372.77mg (16.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.4%), Selenium: 17.04µg (24.34%), Vitamin B1:

0.33mg (22%), Folate: 77.11µg (19.28%), Vitamin B2: 0.28mg (16.66%), Manganese: 0.29mg (14.74%), Iron: 2.27mg (12.61%), Vitamin B3: 2.43mg (12.17%), Phosphorus: 93.11mg (9.31%), Fiber: 1.67g (6.69%), Calcium: 49.58mg (4.96%), Vitamin A: 237.17IU (4.74%), Copper: 0.09mg (4.6%), Potassium: 156.2mg (4.46%), Vitamin B5: 0.41mg (4.07%), Magnesium: 14.66mg (3.66%), Zinc: 0.5mg (3.33%), Vitamin B12: 0.19µg (3.18%), Vitamin B6: 0.06mg (3.12%), Vitamin D: 0.39µg (2.59%), Vitamin E: 0.29mg (1.92%)