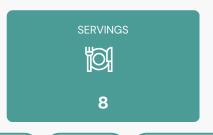


Mom's Irish Soda Bread

Vegetarian







MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

0.5 teaspoon salt

1 tablespoon double-acting baking powder
1 teaspoon baking soda
0.5 cup butter divided melted
1 cup buttermilk divided
1 eggs
4 cups flour all-purpose
1.5 cups golden raisins

	0.3 cup granulated sugar white	
Equipment		
	bowl	
	oven	
	knife	
	whisk	
	toothpicks	
	pie form	
Directions		
	Preheat oven to 350 degrees F (175 degrees C).	
	Grease a 9-inch deep-dish pie plate.	
	Spoon 1 tablespoon of the buttermilk into a small bowl; place remainder of 1 cup buttermilk into a separate bowl.	
	Stir golden raisins into the larger amount of buttermilk and allow raisins to soak while you complete the remaining steps.	
	Spoon 1 tablespoon of the melted butter into the small bowl with the tablespoon of buttermilk; stir to combine and set aside. Set remaining melted butter aside.	
	Whisk together flour, sugar, baking powder, baking soda, and salt in a bowl.	
	Make a well in the center of the dry ingredients, pour in reserved butter, and stir until the mixture resembles coarse crumbs.	
	Mix the egg into the flour mixture until thoroughly combined.	
	Mix the soaked raisins with buttermilk into dough and shape dough into a ball.	
	Place the ball of dough into prepared pie dish and lightly pat dough down so top is slightly domed.	
	Use a sharp knife to cut two crisscrossing lines through the center of the loaf about 1/4 inch deep.	
	Thoroughly brush buttermilk and butter mixture over the loaf, getting the mixture into the crevices.	



Nutrition Facts

PROTEIN 7.78% 📕 FAT 26.36% 📒 CARBS 65.86%

Properties

Glycemic Index:46.84, Glycemic Load:51.34, Inflammation Score:-6, Nutrition Score:13.020869659341%

Flavonoids

Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 462.65kcal (23.13%), Fat: 13.78g (21.2%), Saturated Fat: 8.17g (51.08%), Carbohydrates: 77.47g (25.82%), Net Carbohydrates: 74.69g (27.16%), Sugar: 23.99g (26.66%), Cholesterol: 54.26mg (18.09%), Sodium: 576.25mg (25.05%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 9.15g (18.31%), Selenium: 24.36μg (34.8%), Vitamin B1: 0.51mg (33.99%), Folate: 119.7μg (29.93%), Vitamin B2: 0.44mg (26.08%), Manganese: 0.51mg (25.68%), Iron: 3.66mg (20.36%), Vitamin B3: 4.04mg (20.19%), Phosphorus: 171.43mg (17.14%), Calcium: 153.06mg (15.31%), Fiber: 2.78g (11.11%), Copper: 0.2mg (10.04%), Potassium: 321.64mg (9.19%), Vitamin A: 433.75IU (8.67%), Magnesium: 27.62mg (6.9%), Vitamin B6: 0.14mg (6.79%), Vitamin B5: 0.53mg (5.26%), Zinc: 0.72mg (4.82%), Vitamin B12: 0.21μg (3.52%), Vitamin D: 0.5μg (3.33%), Vitamin E: 0.48mg (3.19%), Vitamin K: 2.24μg (2.13%), Vitamin C: 0.87mg (1.05%)