



## Mom's Irish Soda Bread

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



463 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 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
- 0.5 teaspoon salt

- 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.

Bake in the preheated oven until loaf is golden brown and a toothpick inserted into the center comes out clean, 55 minutes to 1 hour.

## 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, 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 %: 0% (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%)