Mrs. O'Callaghan's Soda Bread

READY IN	SERVINGS	CALORIES
45 min.	8	464 kcal

MORNING MEAL   BRUNCH   BREAKFAST   DESSERT

Ingredients

- [ ] 3 cups flour
- [ ] 1 teaspoon baking soda
- [ ] 0.5 cup brown sugar packed ()
- [ ] 2 cups buttermilk
- [ ] 0.3 cup butter chilled cut into 1/2-inch cubes ()
- [ ] 3 cups flour whole wheat

Equipment

- [ ] bowl

- [ ] baking sheet
- [ ] oven
- [ ] whisk

Directions

- [ ] Preheat oven to 425°F. Spray heavy baking sheet with nonstick spray.
- [ ] Whisk both flours, sugar, and baking soda in medium bowl to blend.
- [ ] Add margarine and cut in until margarine is reduced to pea-size pieces.
- [ ] Add buttermilk; stir until shaggy dough forms. Turn dough out onto lightly floured work surface. Knead until doughcomes together, about 10 turns. Shape dough into 7-inch round.
- [ ] Place dough on prepared baking sheet.
- [ ] Cut large X, 1/2 inch deep, in top of dough.
- [ ] Bake bread until deep brown and bottom sounds hollow when firmly tapped, about 40 minutes.
- [ ] Transfer bread to rack and cool completely.
- [ ] Bon Appétit

Nutrition Facts

PROTEIN **10.81%**   FAT **17.65%**   CARBS **71.54%**
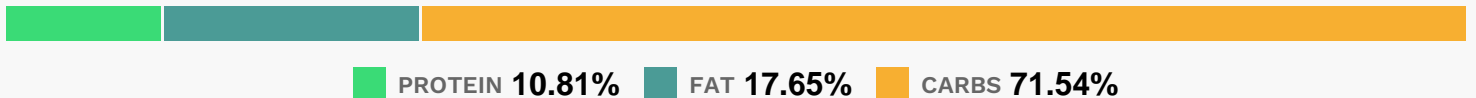
Properties
Glycemic Index:13.25, Glycemic Load:26.79, Inflammation Score:-7, Nutrition Score:20.099999848429%

Nutrients (% of daily need)
Calories: 464.08kcal (23.2%), Fat: 9.28g (14.28%), Saturated Fat: 2.59g (16.19%), Carbohydrates: 84.64g (28.21%), Net Carbohydrates: 78.56g (28.57%), Sugar: 16.58g (18.42%), Cholesterol: 6.6mg (2.2%), Sodium: 272.38mg (11.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.79g (25.59%), Manganese: 2.16mg (108.05%), Selenium: 46.09µg (65.84%), Vitamin B1: 0.62mg (41.52%), Folate: 108.79µg (27.2%), Phosphorus: 264.46mg (26.45%), Vitamin B3: 5.07mg (25.34%), Fiber: 6.08g (24.32%), Vitamin B2: 0.41mg (24.21%), Iron: 3.91mg (21.73%), Magnesium: 79.41mg (19.85%), Copper: 0.27mg (13.67%), Vitamin B6: 0.23mg (11.58%), Zinc: 1.73mg (11.53%), Calcium: 104.87mg (10.49%), Potassium: 315.77mg (9.02%), Vitamin B5: 0.73mg (7.29%), Vitamin A: 356.79IU (7.14%), Vitamin D: 0.78µg (5.2%), Vitamin B12: 0.28µg (4.72%), Vitamin E: 0.61mg (4.06%), Vitamin K: 1.18µg (1.12%)