



Mrs. O'Callaghan's Soda Bread

READY IN



45 min.

SERVINGS



8

CALORIES



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

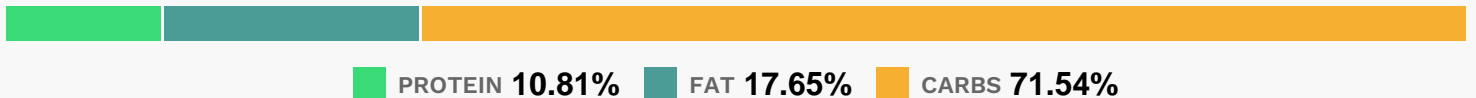
- bowl

- 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 dough comes 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



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%)