



Nana Dot's Irish Soda Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 3 tablespoons apple cider vinegar
- 1 tablespoon double-acting baking powder
- 1.5 teaspoons baking soda
- 0.5 cup butter cut into pieces
- 2 teaspoons caraway seed
- 0.5 cup currants
- 2.5 cups flour all-purpose
- 0.8 cup milk

- 1 cup raisins
- 0.5 teaspoon salt
- 3 tablespoons sugar white

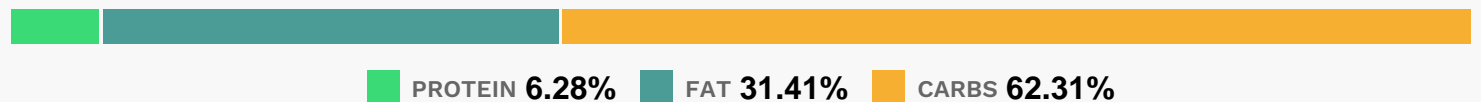
Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease 2 baking sheets.
- Stir together the flour, baking soda, baking powder, salt, and sugar in a large bowl until evenly blended.
- Cut in the butter using a pastry blender or your hands until the mixture resembles coarse cornmeal. Stir in the raisins, currants, and caraway seeds, then make a well in the center and pour in the milk and vinegar. Stir with a spoon until the dry ingredients are moistened.
- Turn the dough out onto a well floured work surface, and knead gently 8 to 10 times. Divide the dough into two balls, and place onto the prepared baking sheets.
- Bake in preheated oven for 15 minutes, then reduce heat to 375 degrees F (190 degrees C), and bake until the top of the bread is golden brown, about 15 minutes more.

Nutrition Facts



Properties

Glycemic Index:28.06, Glycemic Load:17.39, Inflammation Score:-3, Nutrition Score:4.6721739224766%

Nutrients (% of daily need)

Calories: 179.18kcal (8.96%), Fat: 6.41g (9.87%), Saturated Fat: 3.91g (24.44%), Carbohydrates: 28.62g (9.54%), Net Carbohydrates: 27.18g (9.88%), Sugar: 5.67g (6.3%), Cholesterol: 16.62mg (5.54%), Sodium: 309.8mg (13.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Vitamin B1: 0.18mg (11.89%), Selenium: 7.04µg

(10.06%), Manganese: 0.19mg (9.48%), Folate: 36.7µg (9.18%), Vitamin B2: 0.14mg (8.17%), Iron: 1.36mg (7.54%), Calcium: 71.25mg (7.13%), Vitamin B3: 1.35mg (6.75%), Phosphorus: 63.68mg (6.37%), Fiber: 1.44g (5.75%), Potassium: 155.13mg (4.43%), Vitamin A: 199.99IU (4%), Copper: 0.07mg (3.59%), Magnesium: 11.14mg (2.79%), Vitamin B6: 0.05mg (2.35%), Zinc: 0.24mg (1.59%), Vitamin B5: 0.14mg (1.42%), Vitamin E: 0.19mg (1.29%), Vitamin B12: 0.07µg (1.23%)