



## Nana Dot's Irish Soda Bread

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



178 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
- ☐ 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

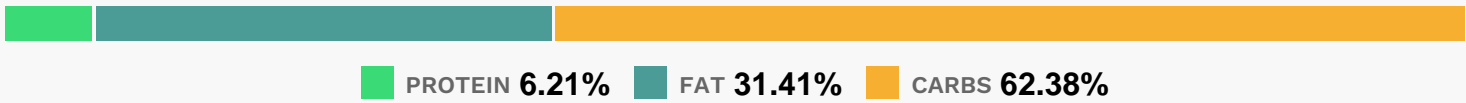
## Equipment

- ☐ 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:4.5895652149035%

## Nutrients (% of daily need)

Calories: 178.34kcal (8.92%), Fat: 6.38g (9.81%), Saturated Fat: 3.91g (24.43%), Carbohydrates: 28.49g (9.5%), Net Carbohydrates: 27.15g (9.87%), Sugar: 5.67g (6.3%), Cholesterol: 16.62mg (5.54%), Sodium: 309.76mg (13.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Vitamin B1: 0.18mg (11.83%), Selenium: 7.01µg (10.02%), Manganese: 0.19mg (9.32%), Folate: 36.68µg (9.17%), Vitamin B2: 0.14mg (8.12%), Iron: 1.32mg (7.32%),

Calcium: 69.53mg (6.95%), Vitamin B3: 1.34mg (6.71%), Phosphorus: 62.26mg (6.23%), Fiber: 1.34g (5.37%), Potassium: 151.75mg (4.34%), Vitamin A: 199.09IU (3.98%), Copper: 0.07mg (3.48%), Magnesium: 10.49mg (2.62%), Vitamin B6: 0.05mg (2.31%), Zinc: 0.22mg (1.5%), Vitamin B5: 0.14mg (1.42%), Vitamin E: 0.19mg (1.25%), Vitamin B12: 0.07µg (1.23%)