



Rich Irish Soda Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



344 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 4 cups flour all-purpose
- 0.3 cup sugar
- 1 teaspoon salt
- 2 teaspoons double-acting baking powder
- 2 tablespoons caraway seeds
- 4 tablespoons butter unsalted cold
- 2 cups golden beets dark
- 1.5 buttermilk

- 1 large eggs
- 1 teaspoon baking soda
- 1 large egg yolk
- 1 tablespoon cup heavy whipping cream

Equipment

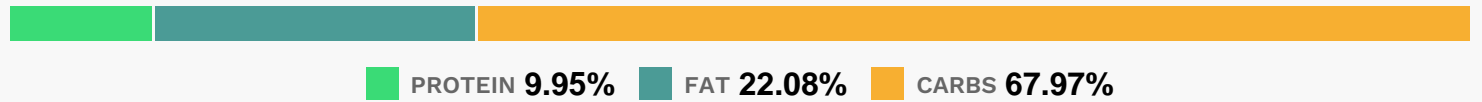
- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- wire rack
- skewers
- pastry brush
- pastry cutter

Directions

- Heat oven to 350 degrees. Line a baking sheet with parchment paper; set aside. In a large bowl, whisk together flour, sugar, salt, baking powder, and caraway seeds until well combined.
- Using a pastry cutter or two knives in scissor fashion, cut in butter until the mixture feels like coarse meal. Stir in raisins until evenly distributed.
- In a small bowl, whisk together buttermilk, egg, and baking soda until well combined.
- Pour buttermilk mixture into the flour-and-butter mixture all at once, and stir with a fork until all the liquid is absorbed and the mixture begins to hold together. It should resemble a rough biscuit dough. Using your hands, press the dough into a round, dome-shaped loaf about 8 inches in diameter. Lift the loaf from the bowl, and transfer it to the prepared baking sheet.
- In a small bowl, mix the egg yolk and cream together. With a pastry brush, brush the egg wash over the loaf. With a sharp knife or razor, incise a cross, about 1/2 inch deep, into the top of the loaf.

- Transfer to the oven.
- Bake, rotating halfway through, until it is deep golden brown and a wooden skewer comes out clean when inserted into the center, about 70 minutes.
- Remove from oven, and transfer bread from the baking sheet to a wire rack to cool.
- Mark Berenson

Nutrition Facts



Properties

Glycemic Index:41.51, Glycemic Load:40.59, Inflammation Score:-6, Nutrition Score:12.372173887232%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 344.17kcal (17.21%), Fat: 8.43g (12.97%), Saturated Fat: 4.54g (28.4%), Carbohydrates: 58.38g (19.46%), Net Carbohydrates: 55.17g (20.06%), Sugar: 8.82g (9.8%), Cholesterol: 63.39mg (21.13%), Sodium: 572.94mg (24.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.54g (17.09%), Folate: 157.92µg (39.48%), Selenium: 24.89µg (35.56%), Vitamin B1: 0.51mg (34.26%), Manganese: 0.56mg (28.1%), Vitamin B2: 0.38mg (22.07%), Iron: 3.7mg (20.57%), Vitamin B3: 3.87mg (19.34%), Phosphorus: 135.12mg (13.51%), Fiber: 3.21g (12.85%), Calcium: 93.53mg (9.35%), Copper: 0.14mg (6.87%), Magnesium: 26.86mg (6.72%), Potassium: 212.68mg (6.08%), Vitamin A: 283.86IU (5.68%), Zinc: 0.78mg (5.21%), Vitamin B5: 0.5mg (4.99%), Vitamin B6: 0.07mg (3.73%), Vitamin E: 0.39mg (2.59%), Vitamin D: 0.38µg (2.51%), Vitamin C: 1.99mg (2.41%), Vitamin B12: 0.11µg (1.88%)