



 11%  
HEALTH SCORE

## Rosemary Rum Raisin Soda Bread with Pecans

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



185 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.5 cup raisins
- 0.3 cup rum dark
- 0.3 cup rum dark
- 2 cups flour for dusting all-purpose
- 2 cups flour whole wheat
- 2 teaspoons baking soda
- 1 teaspoon salt

- 1 tablespoon rosemary leaves fresh finely chopped
- 0.5 cup pecans toasted roughly chopped
- 1.5 cups yogurt plain
- 1 tablespoon honey
- 1 tablespoon milk
- 0.8 teaspoon sesame seed (Sesame seeds or rolled oats are nice substitutes, if you're not an anise lover.)

## Equipment

- bowl
- baking sheet
- sauce pan
- baking paper
- oven
- knife
- whisk
- mixing bowl
- wire rack
- toothpicks

## Directions

- Combine the rum and raisins in a small saucepan. Bring to a boil. Simmer for 30 seconds, then remove from heat. Cover and allow the raisins to macerate for at least 4 hours, but preferably overnight.
- When you're ready to bake the bread, preheat the oven to 375F.
- Coat a baking sheet with olive oil and lightly dust it with flour, or line it with parchment paper.
- In a large mixing bowl whisk together the flours, baking soda, salt, and rosemary. Stir in the toasted pecans.
- In a separate bowl combine the raisins with the rum, the yogurt, and honey.
- Add the wet ingredients to the dry.

- Mix until the dough is too stiff to stir. Use your hands to bring it together in the bowl.
- Add additional yogurt one teaspoon at a time if its too dry. You want a stiff, slightly tacky ball.
- Turn dough onto a lightly floured board and shape into a round loaf. (Dont over-knead the dough. Too much kneading will produce a tough bread.).
- Transfer the loaf to the prepared baking sheet. Use a sharp knife to make deep slashes across the top of the loaf, 4-6 cuts about half way through.
- Brush the top with milk.
- Sprinkle with seeds or oats if using.
- Bake for 40-45 minutes, until a toothpick comes out clean. When you tap the loaf, it will sound hollow.
- Cool on a wire rack.
- Serve warm or at room temperature with a generous slather of butter.

## Nutrition Facts



■ PROTEIN **11.56%**
■ FAT **19.38%**
■ CARBS **69.06%**

## Properties

Glycemic Index:19.88, Glycemic Load:11.34, Inflammation Score:-3, Nutrition Score:7.79%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

## Nutrients (% of daily need)

Calories: 185.03kcal (9.25%), Fat: 3.61g (5.55%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 26.28g (9.56%), Sugar: 2.42g (2.69%), Cholesterol: 3.1mg (1.03%), Sodium: 295.14mg (12.83%), Alcohol: 3.34g (18.56%), Protein: 4.85g (9.69%), Manganese: 0.88mg (43.78%), Selenium: 15.28µg (21.83%), Vitamin B1: 0.23mg (15.47%), Fiber: 2.66g (10.65%), Phosphorus: 106.29mg (10.63%), Folate: 37.87µg (9.47%), Vitamin B3: 1.78mg (8.9%), Vitamin B2: 0.15mg (8.79%), Iron: 1.5mg (8.36%), Magnesium: 32.43mg (8.11%), Copper: 0.14mg (7.19%), Zinc: 0.8mg (5.35%), Vitamin B6: 0.09mg (4.62%), Potassium: 160.43mg (4.58%), Calcium: 41.3mg (4.13%), Vitamin B5: 0.28mg (2.82%), Vitamin B12: 0.09µg (1.5%), Vitamin E: 0.17mg (1.16%)