



## Smoked Salmon on Irish Soda Bread with Chive Butter

READY IN



125 min.

SERVINGS



16

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 teaspoon baking soda
- 1 stick butter softened
- 0.8 cup buttermilk
- 1 tablespoon caraway seeds
- 1 tablespoon chives chopped
- 1.5 cups flour all-purpose
- 16 servings optional: dill fresh for garnish
- 0.5 cup oatmeal

- 1 cup raisins
- 1 teaspoon salt
- 8 ounces salmon smoked sliced
- 0.3 cup sugar

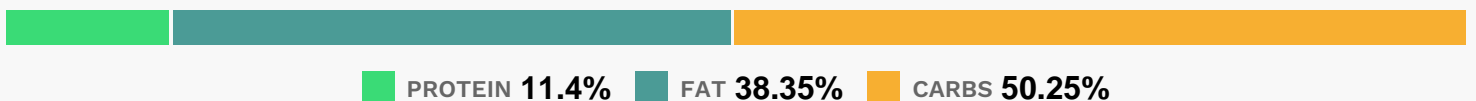
## Equipment

- food processor
- bowl
- baking sheet
- oven
- plastic wrap

## Directions

- Slice the soda bread into thin slices, about 1/4-inch, and cut each slice into a rough 2-inch square until you have 16 pieces. Wrap the remaining bread in plastic wrap and store in a cool dry place.
- Mix the butter and chives together and spread a small amount onto each square. Top with a small fold of salmon and garnish with a sprig of fresh dill.
- Preheat the oven to 375 degrees F.
- Put the oatmeal into the bowl of a food processor and pulse until finely ground.
- Pour into a bowl and add the flour, sugar, baking soda, salt, raisins and caraway seeds. Stir well to combine.
- Pour the buttermilk in and stir quickly until well combined. Shape the dough into a round about 6 inches in diameter and put onto a baking sheet.
- Place into the top half of the oven and bake 30 to 40 minutes, until lightly brown on top. When tapped, the bread will give off a firm, hollow sound.
- Remove from the oven and let cool.

## Nutrition Facts



## Properties

Glycemic Index:25.34, Glycemic Load:13.1, Inflammation Score:-3, Nutrition Score:5.3456521552542%

## Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 162.24kcal (8.11%), Fat: 7.05g (10.85%), Saturated Fat: 4.04g (25.22%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 19.59g (7.12%), Sugar: 3.73g (4.14%), Cholesterol: 19.68mg (6.56%), Sodium: 368.22mg (16.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Vitamin D: 2.57µg (17.13%), Selenium: 9.57µg (13.67%), Vitamin B12: 0.53µg (8.76%), Vitamin B1: 0.12mg (7.88%), Manganese: 0.16mg (7.83%), Vitamin B3: 1.51mg (7.54%), Vitamin B2: 0.11mg (6.71%), Phosphorus: 61.88mg (6.19%), Folate: 23.6µg (5.9%), Iron: 1.04mg (5.79%), Fiber: 1.21g (4.82%), Vitamin A: 224.63IU (4.49%), Copper: 0.09mg (4.46%), Potassium: 140.55mg (4.02%), Vitamin B6: 0.07mg (3.4%), Magnesium: 12.19mg (3.05%), Vitamin E: 0.39mg (2.57%), Vitamin B5: 0.25mg (2.53%), Calcium: 24.23mg (2.42%), Zinc: 0.29mg (1.92%)