

# Soda Bread

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



355 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 teaspoons baking soda
- 2 cups buttermilk
- 1 teaspoon kosher salt
- 0.5 cup rolled oats
- 1 cup unbleached flour all-purpose plus more for kneading surface
- 3 cups flour whole-wheat

## Equipment

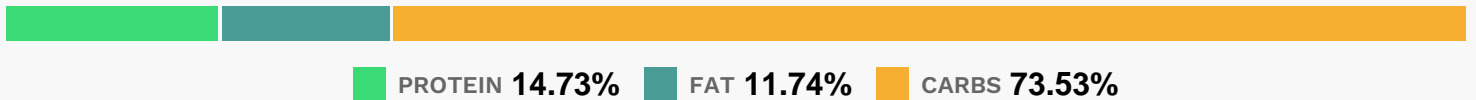
- bowl

- baking sheet
- oven
- knife
- whisk
- cutting board

## Directions

- Watch how to make this recipe.
- Preheat the oven to 425 degrees F.
- In a large bowl, whisk together the flours, baking soda, oats and salt.
- Pour in most of the buttermilk and mix well, adding more buttermilk, if needed, to form a soft dough. Turn out onto a floured surface and lightly knead into a shapeable dough. Avoid overworking the dough. Shape the dough into a round disk shaped loaf and cut a deep "X" in the top with a sharp knife.
- Put the dough on a parchment lined baking sheet and bake for 7 minutes at 425 degrees F. Lower the oven temperature to 375 degrees F and bake another 20 to 25 minutes.
- Remove the bread from the oven to a cutting board. Cool slightly before cutting and enjoy warm!

## Nutrition Facts



## Properties

Glycemic Index:24.33, Glycemic Load:14.27, Inflammation Score:-6, Nutrition Score:20.52434808275%

## Nutrients (% of daily need)

Calories: 355.04kcal (17.75%), Fat: 4.79g (7.37%), Saturated Fat: 1.89g (11.78%), Carbohydrates: 67.56g (22.52%), Net Carbohydrates: 59.89g (21.78%), Sugar: 4.27g (4.75%), Cholesterol: 8.8mg (2.93%), Sodium: 838.4mg (36.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.54g (27.08%), Manganese: 2.83mg (141.59%), Selenium: 49.06µg (70.08%), Vitamin B1: 0.53mg (35.56%), Phosphorus: 332.4mg (33.24%), Fiber: 7.66g (30.66%), Magnesium: 104.12mg (26.03%), Vitamin B3: 4.35mg (21.76%), Vitamin B2: 0.35mg (20.59%), Iron: 3.44mg (19.12%), Folate: 70.69µg (17.67%), Copper: 0.32mg (16.14%), Zinc: 2.26mg (15.05%), Vitamin B6: 0.29mg (14.45%), Calcium: 119.28mg (11.93%), Potassium: 372.63mg (10.65%), Vitamin B5: 0.83mg (8.33%), Vitamin D: 1.04µg (6.93%), Vitamin

B12: 0.37µg (6.13%), Vitamin E: 0.52mg (3.49%), Vitamin A: 137.4IU (2.75%), Vitamin K: 1.58µg (1.5%)