



Soda Bread with Dark Chocolate and Candied Orange Peel

READY IN



45 min.

SERVINGS



8

CALORIES



518 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.3 cups buttermilk
- ☐ 6 ounces candied orange peel diced
- ☐ 1 large eggs
- ☐ 2 teaspoons salt
- ☐ 6 ounces bittersweet chocolate unsweetened cut into 1/3-inch pieces (not)
- ☐ 0.5 cup sugar

- ☐ 3 cups unbleached all purpose flour
- ☐ 6 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()

Equipment


- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Position rack in center of oven and preheat to 350°F. Line rimmed baking sheet with parchment paper; butter parchment.
- ☐ Whisk first 5 ingredients in large bowl to blend.
- ☐ Add butter; rub in with fingertips until mixture resembles coarse meal. Stir in chocolate and orange peel.
- ☐ Whisk buttermilk and egg in medium bowl to blend; add to dry ingredients. Stir just until incorporated.
- ☐ Turn dough out onto floured work surface and knead gently just until dough comes together, about 5 turns. Form dough into 6 1/2-inch-diameter round, about 2 to 2 1/2 inches high.
- ☐ Transfer to prepared baking sheet. Using sharp knife, cut 1-inch-deep, 3-inch-long slits in top of bread, forming sunburst pattern.
- ☐ Bake bread until well browned and very firm when pressed and tester inserted into center comes out clean, turning baking sheet halfway through baking, about 1 hour 10 minutes total.
- ☐ Transfer bread to rack and cool completely, at least 3 hours. (Can be made 1 day ahead. Wrap in foil and store at room temperature.)

Nutrition Facts



 PROTEIN **6.37%**  FAT **32.86%**  CARBS **60.77%**

Properties

Glycemic Index:24.14, Glycemic Load:9.55, Inflammation Score:-5, Nutrition Score:12.540869515875%

Nutrients (% of daily need)

Calories: 518.32kcal (25.92%), Fat: 19.01g (29.25%), Saturated Fat: 11.06g (69.13%), Carbohydrates: 79.11g (26.37%), Net Carbohydrates: 75.8g (27.56%), Sugar: 39.42g (43.81%), Cholesterol: 51.23mg (17.08%), Sodium: 829.2mg (36.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.29mg (6.1%), Protein: 8.3g (16.59%), Manganese: 0.63mg (31.54%), Selenium: 21.29µg (30.42%), Vitamin B1: 0.4mg (26.36%), Folate: 90.91µg (22.73%), Iron: 3.8mg (21.11%), Vitamin B2: 0.34mg (20.06%), Copper: 0.36mg (17.8%), Phosphorus: 175.65mg (17.56%), Vitamin B3: 2.99mg (14.94%), Magnesium: 53.58mg (13.39%), Fiber: 3.31g (13.24%), Calcium: 132.43mg (13.24%), Zinc: 1.14mg (7.58%), Vitamin A: 373.63IU (7.47%), Potassium: 244.96mg (7%), Vitamin B5: 0.52mg (5.19%), Vitamin D: 0.77µg (5.13%), Vitamin B12: 0.28µg (4.74%), Vitamin E: 0.58mg (3.85%), Vitamin B6: 0.05mg (2.61%), Vitamin K: 2.6µg (2.48%)