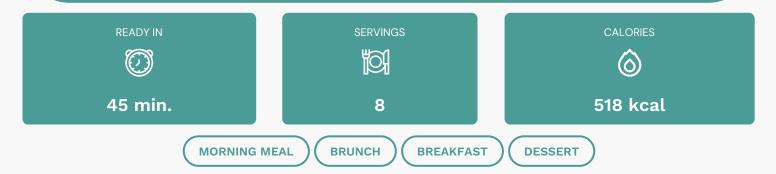


Soda Bread with Dark Chocolate and Candied Orange Peel



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

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 %: O% (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%), Calcium: 132.43mg (13.24%), Fiber: 3.31g (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%)