



Soda Bread with Port-Soaked Raisins

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



430 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon baking soda
- 6 tablespoons butter cold divided cut into small cubes, ()
- 12 ounces buttermilk
- 1 eggs
- 20 ounces flour all-purpose
- 0.5 cup port wine
- 0.5 cup raisins
- 1 teaspoon salt

- 2 tablespoons sugar

Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- wooden spoon
- microwave
- bread knife

Directions

- Adjust oven rack to middle position and preheat to 400°F.
- Place port and raisins in a microwavable dish and microwave on high for 1 minute; remove from microwave and mix, then microwave until steaming hot, about 1 minute longer.
- Remove from microwave and let rest on the counter.
- In a large bowl whisk together flour, sugar, salt, and baking soda. Using your fingers, mix 5 tablespoons of butter into flour mixture until mixture resembles a coarse meal. In a medium bowl, whisk egg and buttermilk together until homogenous. Make a well in the center of the flour mixture and add buttermilk mixture.
- Drain raisins and add to well. Using a wooden spoon, mix until a wet dough forms.
- Turn out dough onto a floured surface and knead for two minutes. Form dough into a 10-inch round. Grease a baking sheet using remaining butter.
- Place round on the baking sheet and dust with flour, then using a sharp knife or serrated bread knife, make an 'X' over the top of the loaf.
- Bake until soda bread is brown and cooked through, about 25 minutes. Allow to rest at least 5 minutes before slicing and serving.

Nutrition Facts



■ PROTEIN 9.42% ■ FAT 24.4% ■ CARBS 66.18%

Properties

Glycemic Index:35.61, Glycemic Load:45.69, Inflammation Score:-6, Nutrition Score:12.806956366352%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 429.87kcal (21.49%), Fat: 11.2g (17.23%), Saturated Fat: 6.5g (40.64%), Carbohydrates: 68.36g (22.79%), Net Carbohydrates: 65.83g (23.94%), Sugar: 6.45g (7.17%), Cholesterol: 47.71mg (15.9%), Sodium: 552.8mg (24.03%), Alcohol: 2.3g (100%), Alcohol %: 1.84% (100%), Protein: 9.73g (19.45%), Vitamin B1: 0.59mg (39.46%), Selenium: 27.54µg (39.35%), Folate: 135µg (33.75%), Vitamin B2: 0.47mg (27.75%), Manganese: 0.53mg (26.48%), Vitamin B3: 4.36mg (21.82%), Iron: 3.67mg (20.41%), Phosphorus: 134.25mg (13.42%), Fiber: 2.53g (10.12%), Copper: 0.15mg (7.56%), Vitamin A: 362.26IU (7.25%), Calcium: 69.08mg (6.91%), Potassium: 232.04mg (6.63%), Magnesium: 24.79mg (6.2%), Vitamin B5: 0.58mg (5.77%), Zinc: 0.77mg (5.11%), Vitamin D: 0.66µg (4.42%), Vitamin B12: 0.26µg (4.37%), Vitamin B6: 0.07mg (3.66%), Vitamin E: 0.37mg (2.49%), Vitamin K: 1.09µg (1.04%)