



Southern Soda Bread

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



368 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 4.5 teaspoons double-acting baking powder
- 1.5 teaspoons baking soda
- 4.5 tablespoons butter melted
- 3 cups buttermilk
- 3 large eggs lightly beaten
- 4.5 cups flour all-purpose
- 1.5 teaspoons salt
- 0.7 cup sugar

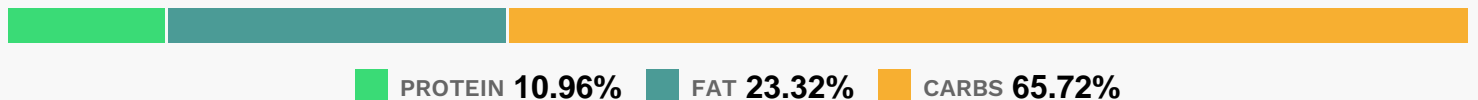
Equipment

- bowl
- oven
- knife
- whisk
- wire rack
- loaf pan
- aluminum foil

Directions

- Preheat oven to 35
- Whisk together first 5 ingredients in a large bowl. Make a well in center of mixture.
- Add buttermilk, eggs, and butter, whisking just until thoroughly blended. (Batter should be almost smooth.)
- Pour batter into 2 lightly greased 8 1/2- x 4 1/2-inch loaf pans.
- Bake at 350 for 45 minutes. Rotate pans in oven, and shield with aluminum foil.
- Bake 30 to 35 minutes or until a long wooden pick inserted in center comes out clean. Cool in pans on a wire rack 10 minutes. Carefully run a knife along edges of bread to loosen from pans.
- Remove from pans to wire rack, and cool completely (about 1 hour).

Nutrition Facts



Properties

Glycemic Index:31.81, Glycemic Load:41.91, Inflammation Score:-5, Nutrition Score:12.451304438321%

Nutrients (% of daily need)

Calories: 368.3kcal (18.41%), Fat: 9.51g (14.64%), Saturated Fat: 5.16g (32.27%), Carbohydrates: 60.33g (20.11%), Net Carbohydrates: 58.81g (21.38%), Sugar: 17.03g (18.92%), Cholesterol: 77.26mg (25.75%), Sodium: 842.45mg

(36.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.07g (20.13%), Selenium: 26.49µg (37.84%), Vitamin B1: 0.48mg (32.11%), Folate: 113.78µg (28.44%), Vitamin B2: 0.47mg (27.94%), Calcium: 207.27mg (20.73%), Manganese: 0.39mg (19.62%), Phosphorus: 192.6mg (19.26%), Iron: 3.1mg (17.24%), Vitamin B3: 3.4mg (17%), Vitamin D: 1.24µg (8.24%), Vitamin B12: 0.48µg (7.92%), Vitamin B5: 0.76mg (7.57%), Vitamin A: 357.24IU (7.14%), Fiber: 1.52g (6.09%), Zinc: 0.87mg (5.79%), Copper: 0.11mg (5.56%), Magnesium: 22mg (5.5%), Potassium: 180.3mg (5.15%), Vitamin B6: 0.08mg (3.82%), Vitamin E: 0.39mg (2.59%)