



## Traditional Irish Soda Bread

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



409 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 3 cups flour for dusting all-purpose plus more
- 1 cup graham flour whole-wheat
- 2.5 teaspoons coarse salt
- 1 teaspoon baking soda
- 1 teaspoon double-acting baking powder
- 4 tablespoons butter unsalted cold cut into small pieces
- 1.7 cups buttermilk

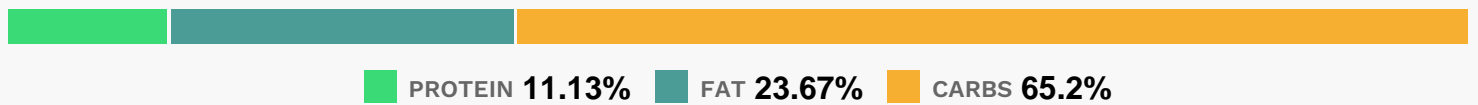
### Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- wire rack
- blender

## Directions

- Preheat oven to 350 degrees. Line a baking sheet with parchment paper; set aside.
- Whisk together the flours, salt, baking soda, and baking powder in a large bowl. With a pastry blender or your fingertips, blend in butter until it resembles small peas.
- Add buttermilk all at once; stir with a fork until mixture holds together.
- In the bowl, pat the dough into a domeshaped loaf about 7 inches in diameter. Lift out dough; transfer to lined sheet.
- Lightly dust top of loaf with flour.
- Cut a 3/4-inch-deep cross in top, reaching almost all the way to edges.
- Bake, rotating sheet halfway through, until deep golden brown and a cake tester inserted into the center comes out clean, about 1 hour and 20 minutes.
- Let cool on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:33, Glycemic Load:35.68, Inflammation Score:-5, Nutrition Score:12.109565382418%

## Nutrients (% of daily need)

Calories: 409.44kcal (20.47%), Fat: 10.72g (16.5%), Saturated Fat: 6.16g (38.49%), Carbohydrates: 66.47g (22.16%), Net Carbohydrates: 62.12g (22.59%), Sugar: 3.43g (3.81%), Cholesterol: 27.4mg (9.13%), Sodium: 1294.29mg (56.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.34g (22.68%), Vitamin B1: 0.52mg (34.83%),

Selenium: 23.75µg (33.93%), Folate: 117.99µg (29.5%), Vitamin B2: 0.43mg (25.09%), Manganese: 0.43mg (21.59%), Iron: 3.72mg (20.69%), Vitamin B3: 3.75mg (18.77%), Fiber: 4.35g (17.42%), Phosphorus: 141.01mg (14.1%), Calcium: 128.05mg (12.81%), Vitamin A: 343.24IU (6.86%), Vitamin D: 1.01µg (6.71%), Copper: 0.11mg (5.45%), Vitamin B12: 0.32µg (5.38%), Vitamin B5: 0.54mg (5.37%), Magnesium: 20.81mg (5.2%), Zinc: 0.7mg (4.68%), Potassium: 159.45mg (4.56%), Vitamin B6: 0.05mg (2.59%), Vitamin E: 0.3mg (2%)