



## White Soda Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



232 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 teaspoon baking soda
- 0.8 teaspoon salt
- 3.5 cups flour
- 2 tablespoons caraway seeds
- 1.5 cups buttermilk ()

## Equipment

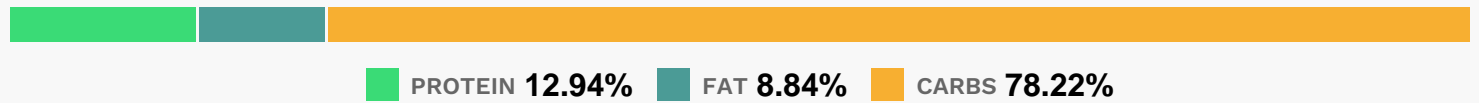
- bowl
- baking sheet

oven

## Directions

- Preheat oven to 425°F. Lightly flour baking sheet.
- Mix flour, caraway seeds, if using, baking soda and salt in large bowl.
- Mix in enough buttermilk to form moist clumps. Gather dough into ball. Turn out onto lightly flour surfaced and knead just until dough holds together, about 1 minute. Shape dough into 6-inch-diameter by 2-inch-high round.
- Place on prepared baking sheet.
- Cut 1-inch-deep X across top of bread, extending almost to edges.
- Bake until bread is golden brown and sounds hollow when tapped on bottom, about 35 minutes.
- Transfer bread to rack and cool completely.

## Nutrition Facts



## Properties

Glycemic Index:13.25, Glycemic Load:30.87, Inflammation Score:-4, Nutrition Score:9.5147827176944%

## Nutrients (% of daily need)

Calories: 231.96kcal (11.6%), Fat: 2.24g (3.45%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 44.68g (14.89%), Net Carbohydrates: 42.63g (15.5%), Sugar: 2.35g (2.61%), Cholesterol: 4.95mg (1.65%), Sodium: 403.41mg (17.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.78%), Vitamin B1: 0.46mg (30.41%), Selenium: 20.39µg (29.12%), Folate: 102.48µg (25.62%), Vitamin B2: 0.35mg (20.78%), Manganese: 0.39mg (19.74%), Vitamin B3: 3.32mg (16.62%), Iron: 2.8mg (15.54%), Phosphorus: 105.83mg (10.58%), Fiber: 2.05g (8.19%), Calcium: 70.42mg (7.04%), Copper: 0.1mg (5.19%), Magnesium: 20.41mg (5.1%), Zinc: 0.64mg (4.25%), Vitamin B5: 0.41mg (4.11%), Potassium: 139.58mg (3.99%), Vitamin D: 0.58µg (3.9%), Vitamin B12: 0.21µg (3.45%), Vitamin B6: 0.05mg (2.28%), Vitamin A: 79.69IU (1.59%)