

# **IRISH SODA BREAD WITH DRIED CRANBERRIES**

From the King County (Washington) Public Health Department

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Breads/SodaBread.aspx>

## **Ingredients**

- Nonfat cooking spray
- 2 cups all-purpose flour
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 3 tbsp unsalted butter, cut into small pieces
- 2 eggs, beaten and divided
- ¾ cup buttermilk
- 2 tbsp brown sugar
- 1/3 cup dried cranberries (may also use raisins or other dried fruit instead)

## **Instructions**

1. Preheat oven to 375°.
2. Spray a baking sheet with nonfat cooking spray then set aside.
3. In a medium bowl, combine the flour, baking powder, baking soda and salt. Using a pastry blender, fork or wooden spoon, cut in the butter and mix until it resembles coarse crumbs. Make a fist and lightly press in a small well in the center of the flour mixture then set aside.
4. In a small bowl, stir in one of the beaten eggs, buttermilk, brown sugar and cranberries then pour buttermilk mixture into the well of the flour mixture. Stir all ingredients until evenly moistened.
5. Pour dough onto lightly floured board. Knead dough by folding it in half and lightly pressing down about 14-15 times. Shape dough into a 6-inch round loaf. Use a sharp knife and cut a slit down the middle about 1/4x deep. Brush dough with remaining egg then place on prepared baking sheet.
6. Bake for 40 minutes or until golden brown. Serve warm.

Makes 10 servings. Serving size: 1 slice (63 g)

## **Nutritional information per serving (10 servings)**

Calories: 158

Calories from fat: 44

Total fat: 5g

Saturated fat: 3g

Cholesterol: 52 mg

Sodium: 203mg

Total carbohydrate: 24g

Dietary fiber: 1g

Sugars: 3g

Protein: 4g

Vitamin A: 4%

Vitamin C: 0%

Calcium: 6%

Iron: 8%

Percent Daily Values are based on a 2,000 calorie diet.



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