

Orange Soda Bread

*Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers*

*3 1/2 cups flour
1 teaspoon salt
1 teaspoon sugar
1 teaspoon baking powder
1 cup buttermilk
1/2 cup pure fresh orange juice
1 large egg
1 cup raisins
1 tablespoon grated orange peel*

Preheat the oven to 350 degrees.

In a mixing bowl, mix together the flour, salt, sugar and baking soda. Make a well in the center of the bowl. Pour in the buttermilk and orange juice. Mix well.

Add the egg, raisins and the orange peel. Beat until smooth (it will be sticky).

Knead the dough on a well-floured surface. Shape the dough into a round loaf. Place the loaf into a well-greased nine-inch round layer pan. Cut an X across the top of the loaf.

Bake for about 40 minutes or until a toothpick inserted in the center comes out clean.

Remove from the oven and serve while warm.

Per Serving (excluding unknown items): 2225 Calories; 12g Fat (4.9% calories from fat); 64g Protein; 467g Carbohydrate; 19g Dietary Fiber; 221mg Cholesterol; 2973mg Sodium. Exchanges: 22 Grain(Starch); 1 Lean Meat; 7 1/2 Fruit; 1 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis

Calories (kcal):	2225	Vitamin B6 (mg):	.7mg
% Calories from Fat:	4.9%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	83.6%	Thiamin B1 (mg):	3.8mg
% Calories from Protein:	11.5%	Riboflavin B2 (mg):	2.9mg
Total Fat (g):	12g	Folacin (mcg):	157mcg

Saturated Fat (g): 4g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 221mg
Carbohydrate (g): 467g
Dietary Fiber (g): 19g
Protein (g): 64g
Sodium (mg): 2973mg
Potassium (mg): 2008mg
Calcium (mg): 742mg
Iron (mg): 25mg
Zinc (mg): 5mg
Vitamin C (mg): 15mg
Vitamin A (i.u.): 362IU
Vitamin A (r.e.): 93 1/2RE

Niacin (mg): 27mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 22
Lean Meat: 1
Vegetable: 0
Fruit: 7 1/2
Non-Fat Milk: 1
Fat: 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 2225 **Calories from Fat:** 108

% Daily Values*

Total Fat 12g	19%
Saturated Fat 4g	19%
Cholesterol 221mg	74%
Sodium 2973mg	124%
Total Carbohydrates 467g	156%
Dietary Fiber 19g	75%
Protein 64g	
Vitamin A	7%
Vitamin C	26%
Calcium	74%
Iron	138%

* Percent Daily Values are based on a 2000 calorie diet.