



Traditional Irish Soda Bread

Wholemeal wheat flour:

High in fibre to remove fats and cholesterol, proteins, B-Vitamins for the nervous system, Calcium and Phosphorus - good for bone health.

Buttermilk:

A traditional fermented food rich in beneficial probiotic bacteria, low in fat and low in lactose (milk sugars), it works with Bi Carb Soda to leaven bread without the need to use yeast, it is rich in the minerals Calcium, Potassium and Phosphorus for cardiovascular health and Vitamins B12 and B2 important for the nervous system and the conversion of carbohydrates to energy.

Bi-Carb of Soda:

Acts as a raising agent in bread, it is alkalising, a natural mineral and has multiple health benefits.

Salt:

Salt is a necessary ingredient in bread, it is also a natural preservative. There are various forms of salt, we use a good un-iodised salt. Processed breads are unhealthy as they use high amounts of salt. Our breads are low salt so they're a really good option for people who are looking to make healthier choices.

Nutrition Information		
Servings per package:	12.00	
Serving size:	75.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	667 kJ	889 kJ
Protein	6.4 g	8.5 g
Fat, total	0.8 g	1.1 g
- saturated	0.2 g	0.2 g
Carbohydrate	29.3 g	39.1 g
- sugars	2.6 g	3.4 g
Sodium	510 mg	680 mg