

# Irish Potato & Cabbage Soup with Soda Bread

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/scandinavian-fruit-soup-recipe-tapioca>

## Ingredients:

- 1 cup sorghum flour certified GF oat flour, or white rice flour
- 1/2 cup sorghum flour sweet
- 1/2 cup tapioca starch or potato starch
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1 teaspoon sea salt
- 1/3 cup light brown sugar organic
- 2 teaspoons xanthan gum
- 1 cup buttermilk or plain non-dairy milk with 1 teaspoon lemon juice
- 2 eggs large free-range organic, or Ener-G Egg Replacer mixed for 2 eggs
- 4 tablespoons light olive oil
- 1 tablespoon honey raw organic agave, or molasses
- 3 teaspoons caraway seeds to taste
- 2/3 cup currants or raisins, if you like

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 81 grams
3. Cholesterol: 110 milligrams
4. Fat: 19 grams
5. Fiber: 7 grams
6. Protein: 12 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1270 milligrams
9. Sugar: 28 grams

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