



## Apple Coconut Bread

 Dairy Free

READY IN



65 min.

SERVINGS



12

CALORIES



268 kcal

BREAD

### Ingredients

- 3 apples cored chopped
- 4 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup butter melted
- 1 cup coconut or flaked
- 3 cups flour all-purpose
- 1.5 tablespoons ground cinnamon
- 1 tablespoon ground nutmeg

- 0.5 teaspoon salt
- 0.8 cup soy milk
- 1 tablespoon vanilla extract

## Equipment

- bowl
- frying pan
- oven
- knife
- loaf pan

## Directions

- Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan.
- In a large bowl, stir together the flour, baking powder, baking soda, salt, nutmeg and cinnamon. Make a well in the center, and pour in the soy milk, vanilla and melted butter. Stir just until dry ingredients are moistened.
- Mix in the apples, dried cranberries and most of the coconut. Reserve a small handful for sprinkling over the top of the loaf.
- Pour into the prepared loaf pan, and sprinkle reserved coconut on top.
- Bake for 40 to 45 minutes in the preheated oven, until a knife inserted into the loaf comes out clean. Cool for at least 5 minutes before removing from the pan.

## Nutrition Facts



**PROTEIN 6.52%** **FAT 43.39%** **CARBS 50.09%**

## Properties

Glycemic Index:25.62, Glycemic Load:19.53, Inflammation Score:-5, Nutrition Score:8.8617389720419%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg

Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

## **Nutrients (% of daily need)**

Calories: 268.16kcal (13.41%), Fat: 13.09g (20.13%), Saturated Fat: 5.88g (36.74%), Carbohydrates: 33.99g (11.33%), Net Carbohydrates: 30.19g (10.98%), Sugar: 6.04g (6.71%), Cholesterol: 0mg (0%), Sodium: 429.99mg (18.7%), Alcohol: 0.37g (100%), Alcohol %: 0.42% (100%), Protein: 4.43g (8.85%), Manganese: 0.62mg (30.9%), Vitamin B1: 0.27mg (17.98%), Selenium: 12.29µg (17.55%), Folate: 64.51µg (16.13%), Fiber: 3.8g (15.22%), Calcium: 122.37mg (12.24%), Vitamin B2: 0.21mg (12.23%), Vitamin B3: 2.44mg (12.21%), Iron: 2.06mg (11.46%), Phosphorus: 86.68mg (8.67%), Vitamin A: 424.41IU (8.49%), Copper: 0.14mg (7.11%), Vitamin E: 0.82mg (5.47%), Vitamin B6: 0.09mg (4.58%), Magnesium: 17.97mg (4.49%), Potassium: 153.6mg (4.39%), Vitamin C: 3.34mg (4.04%), Zinc: 0.45mg (2.98%), Vitamin B12: 0.17µg (2.81%), Vitamin B5: 0.23mg (2.33%), Vitamin K: 1.43µg (1.36%), Vitamin D: 0.18µg (1.18%)