



Apple Coconut Bread

 Dairy Free

READY IN



65 min.

SERVINGS



12

CALORIES



284 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
- 0.5 cup cranberries dried sweetened
- 1 tablespoon vanilla extract

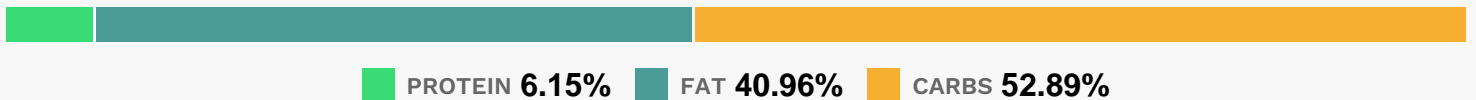
Equipment

- 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



Properties

Glycemic Index:25.62, Glycemic Load:19.53, Inflammation Score:-5, Nutrition Score:9.0295652462089%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg 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 Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 283.72kcal (14.19%), Fat: 13.14g (20.22%), Saturated Fat: 5.88g (36.77%), Carbohydrates: 38.18g (12.73%), Net Carbohydrates: 34.1g (12.4%), Sugar: 9.7g (10.78%), Cholesterol: 0mg (0%), Sodium: 430.24mg (18.71%), Alcohol: 0.37g (100%), Alcohol %: 0.4% (100%), Protein: 4.44g (8.87%), Manganese: 0.63mg (31.57%), Vitamin B1: 0.27mg (18.03%), Selenium: 12.32µg (17.6%), Fiber: 4.07g (16.29%), Folate: 64.51µg (16.13%), Vitamin B3: 2.47mg (12.35%), Vitamin B2: 0.21mg (12.31%), Calcium: 122.82mg (12.28%), Iron: 2.08mg (11.57%), Phosphorus: 87.09mg (8.71%), Vitamin A: 424.41IU (8.49%), Copper: 0.15mg (7.27%), Vitamin E: 0.93mg (6.17%), Vitamin B6: 0.09mg (4.68%), Magnesium: 18.17mg (4.54%), Potassium: 156.07mg (4.46%), Vitamin C: 3.35mg (4.06%), Zinc: 0.45mg (3.01%), Vitamin B12: 0.17µg (2.81%), Vitamin B5: 0.24mg (2.44%), Vitamin K: 1.81µg (1.73%), Vitamin D: 0.18µg (1.18%)