



WHATSheATE



Christmas in The Islands Bread



Vegetarian

READY IN



65 min.

SERVINGS



16

CALORIES



203 kcal

BREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 cups pineapple canned crushed drained
- ☐ 1.3 cups coconut or toasted
- ☐ 0.5 cup cherries dried
- ☐ 3 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1 teaspoon ground nutmeg

- ☐ 0.5 cup milk
- ☐ 1 teaspoon rum flavoring dark
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 cup vegetable oil

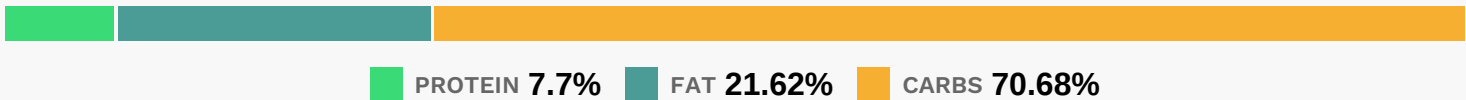
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease two 9x5 inch loaf pans.
- ☐ Beat together eggs, oil, rum, and milk in a bowl. Sift together flour, sugar, baking powder, baking soda, nutmeg, and salt in a separate bowl.
- ☐ Mix the flour into the eggs until just moistened. Gently fold in the pineapple, cherries, and coconut.
- ☐ Pour into prepared pans.
- ☐ Bake in preheated oven until a toothpick inserted into the center comes out clean, about 40 to 45 minutes.
- ☐ Let cool in pan for 10 minutes before removing to cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:19.77, Inflammation Score:-3, Nutrition Score:5.4734782913457%

Nutrients (% of daily need)

Calories: 202.54kcal (10.13%), Fat: 4.93g (7.59%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 36.28g (12.09%), Net Carbohydrates: 34.38g (12.5%), Sugar: 19.55g (21.73%), Cholesterol: 31.6mg (10.54%), Sodium: 184.96mg (8.04%), Alcohol: 0.1g (100%), Alcohol %: 0.14% (100%), Protein: 3.95g (7.91%), Selenium: 10.17µg (14.53%), Vitamin B1: 0.2mg (13.06%), Manganese: 0.24mg (12.01%), Folate: 42.93µg (10.73%), Vitamin B2: 0.15mg (9.1%), Iron: 1.4mg (7.75%), Fiber: 1.89g (7.58%), Vitamin B3: 1.29mg (6.44%), Phosphorus: 60.49mg (6.05%), Copper: 0.1mg (4.85%), Vitamin A: 206.29IU (4.13%), Calcium: 41.09mg (4.11%), Vitamin C: 3mg (3.64%), Magnesium: 13.07mg (3.27%), Potassium: 104.88mg (3%), Vitamin K: 2.83µg (2.7%), Vitamin B6: 0.05mg (2.66%), Vitamin B5: 0.26mg (2.6%), Zinc: 0.38mg (2.54%), Vitamin B12: 0.11µg (1.91%), Vitamin D: 0.25µg (1.66%), Vitamin E: 0.24mg (1.57%)