

## Cinnamon Coconut Loaf

 Vegetarian

READY IN



85 min.

SERVINGS



8

CALORIES



377 kcal

SIDE DISH

### Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup coconut or flaked
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon salt

- ☐ 1 cup cup heavy whipping cream sour
- ☐ 0.3 cup vegetable oil
- ☐ 1 cup sugar white

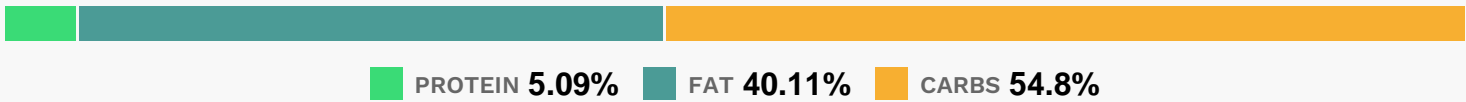
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ loaf pan

## Directions

- ☐ In a small bowl, stir together coconut, brown sugar, and cinnamon.
- ☐ Measure flour, baking powder, baking soda, and salt into a bowl; mix well.
- ☐ In a mixing bowl, beat eggs until frothy. Beat in oil and sugar. Blend in sour cream.
- ☐ Add flour mixture, and stir until combined. Put 1/2 of the batter in the bottom of a greased 9 x 5 x 3 inch loaf pan.
- ☐ Sprinkle 1/2 of the cinnamon mixture over batter. Top with remaining batter by putting dabs here and there.
- ☐ Sprinkle remaining cinnamon mixture over top.
- ☐ Cut through batter with a knife to give a swirling, marbled effect.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour. After loaf stands for 10 minutes, remove from pan to cool on rack.

## Nutrition Facts



## Properties

Glycemic Index:30.26, Glycemic Load:30.59, Inflammation Score:-3, Nutrition Score:7.4626086872557%

Nutrients (% of daily need)

Calories: 377.26kcal (18.86%), Fat: 17.18g (26.43%), Saturated Fat: 7.36g (46.03%), Carbohydrates: 52.81g (17.6%), Net Carbohydrates: 51.04g (18.56%), Sugar: 33.1g (36.78%), Cholesterol: 57.88mg (19.29%), Sodium: 318.16mg (13.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.8%), Manganese: 0.4mg (20.25%), Selenium: 13.62µg (19.46%), Vitamin B2: 0.22mg (13.21%), Vitamin B1: 0.2mg (13.16%), Vitamin K: 13.23µg (12.6%), Folate: 50.36µg (12.59%), Phosphorus: 96.91mg (9.69%), Calcium: 95.18mg (9.52%), Iron: 1.66mg (9.24%), Vitamin B3: 1.47mg (7.32%), Fiber: 1.77g (7.06%), Vitamin E: 0.83mg (5.54%), Vitamin A: 239.99IU (4.8%), Copper: 0.1mg (4.8%), Vitamin B5: 0.42mg (4.21%), Magnesium: 15.26mg (3.81%), Zinc: 0.52mg (3.48%), Potassium: 117.01mg (3.34%), Vitamin B6: 0.06mg (3.02%), Vitamin B12: 0.16µg (2.64%), Vitamin D: 0.22µg (1.47%)