



Coconut Bread

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



442 kcal

Ingredients

- ☐ 2 large eggs
- ☐ 2 cups self raising flour (not cake flour)
- ☐ 0.5 cup sugar
- ☐ 10 ounces coconut sweetened flaked
- ☐ 0.5 cup butter unsalted softened

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven

- ☐ whisk
- ☐ plastic wrap
- ☐ loaf pan
- ☐ baking pan
- ☐ hand mixer
- ☐ spatula
- ☐ skewers

Directions

- ☐ Preheat oven to 350°F. Butter and flour a 9- by 5- by 3-inch loaf pan, knocking out excess flour.
- ☐ Spread 3 cups coconut in a large shallow baking pan (1 inch deep) and toast in middle of oven, stirring occasionally, until evenly golden brown, 20 to 25 minutes. (Watch flakes carefully; edges burn quickly.) Cool completely in pan on a rack, about 15 minutes, then grind in a food processor to a coarse meal, about 40 seconds (you will have about 1 1/4 cups). Leave oven on.
- ☐ Stir together self-rising flour, ground coconut, and remaining cup (untoasted) coconut in a large bowl. Beat together butter and sugar in another bowl with an electric mixer at medium speed until pale and creamy, 1 to 2 minutes.
- ☐ Add eggs 1 at a time, beating well after each addition.
- ☐ Whisk 1 cup water into flour mixture, then add egg mixture, whisking just until well blended.
- ☐ Pour batter into loaf pan, smoothing top with a spatula, and bake in middle of oven until a wooden skewer inserted in center comes out clean and top is evenly brown, 1 hour to 1 hour and 10 minutes. Cool bread to warm in pan on a rack, 10 to 15 minutes, then turn out of pan and set right side up on rack to cool completely, about 2 hours more.
- ☐ Cut into 1-inch-thick slices.
- ☐ Bread can be served the day it is made, but it slices more easily if kept, wrapped in plastic wrap, at room temperature 1 day.

Nutrition Facts



■ PROTEIN 5.83% ■ FAT 46.45% ■ CARBS 47.72%

Properties

Glycemic Index:17.14, Glycemic Load:23.41, Inflammation Score:-3, Nutrition Score:6.9808696456577%

Nutrients (% of daily need)

Calories: 442.13kcal (22.11%), Fat: 23.18g (35.66%), Saturated Fat: 17.11g (106.94%), Carbohydrates: 53.57g (17.86%), Net Carbohydrates: 49.31g (17.93%), Sugar: 25.67g (28.52%), Cholesterol: 77mg (25.67%), Sodium: 121.06mg (5.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.1%), Selenium: 22.17µg (31.67%), Manganese: 0.59mg (29.6%), Fiber: 4.26g (17.03%), Phosphorus: 93.9mg (9.39%), Copper: 0.17mg (8.68%), Vitamin A: 422.67IU (8.45%), Magnesium: 27.67mg (6.92%), Iron: 1.04mg (5.8%), Vitamin B2: 0.09mg (5.2%), Potassium: 180.08mg (5.15%), Zinc: 0.69mg (4.62%), Folate: 17.68µg (4.42%), Vitamin B5: 0.39mg (3.94%), Vitamin E: 0.59mg (3.9%), Vitamin D: 0.46µg (3.09%), Vitamin B3: 0.57mg (2.87%), Vitamin B1: 0.04mg (2.4%), Vitamin B12: 0.14µg (2.26%), Vitamin B6: 0.04mg (2.19%), Calcium: 19.12mg (1.91%), Vitamin K: 1.12µg (1.07%)