

Coconut Bread I

READY IN



1425 min.

SERVINGS



4

CALORIES



1042 kcal

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 cup coconut or flaked
- ☐ 2 teaspoons coconut extract
- ☐ 1 cup confectioners' sugar
- ☐ 2 eggs
- ☐ 5 tablespoons milk
- ☐ 2 cups self-rising flour
- ☐ 1 cup heavy whipping cream
- ☐ 1 cup tsp vanilla sugar

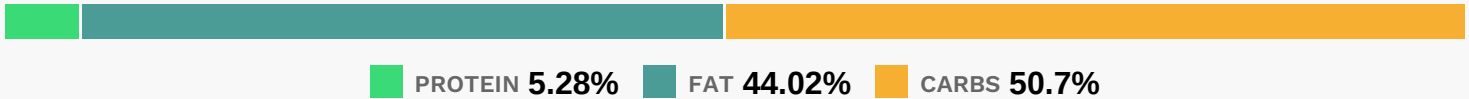
Equipment

- ☐ frying pan
- ☐ oven
- ☐ loaf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 8x4 inch loaf pan.
- ☐ Cream the butter or margarine, vanilla flavored sugar and eggs together.
- ☐ Add the coconut flavoring and mix well.
- ☐ Mix in the self-rising flour alternately with the sour cream to the creamed mixture. Stir in the flaked coconut.
- ☐ Pour the batter into the prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 50 minutes.
- ☐ Pour glaze over hot loaf and serve.
- ☐ Mix the confectioner's sugar and milk together until smooth.

Nutrition Facts



Properties

Glycemic Index:56.27, Glycemic Load:64.61, Inflammation Score:-6, Nutrition Score:14.231304313826%

Nutrients (% of daily need)

Calories: 1042.18kcal (52.11%), Fat: 51.77g (79.65%), Saturated Fat: 33.74g (210.88%), Carbohydrates: 134.12g (44.71%), Net Carbohydrates: 129.16g (46.97%), Sugar: 84.27g (93.63%), Cholesterol: 179.02mg (59.67%), Sodium: 249.08mg (10.83%), Alcohol: 0.85g (100%), Alcohol %: 0.37% (100%), Protein: 13.98g (27.96%), Selenium: 38.75µg (55.35%), Manganese: 1.1mg (55.02%), Vitamin A: 1217.74IU (24.35%), Phosphorus: 217.56mg (21.76%), Fiber: 4.96g (19.85%), Vitamin B2: 0.31mg (18.17%), Copper: 0.32mg (15.83%), Calcium: 116.24mg (11.62%), Magnesium: 46.25mg (11.56%), Vitamin B5: 1.08mg (10.76%), Zinc: 1.54mg (10.3%), Vitamin E: 1.46mg (9.74%), Iron: 1.74mg (9.69%), Folate: 37.18µg (9.29%), Potassium: 320.3mg (9.15%), Vitamin B6: 0.16mg (8.04%), Vitamin B12: 0.47µg (7.77%), Vitamin B1: 0.1mg (6.35%), Vitamin B3: 0.87mg (4.33%), Vitamin D: 0.65µg (4.31%), Vitamin K: 3.22µg (3.07%), Vitamin C:

0.84mg (1.01%)