



## Coconut Bread II

READY IN



55 min.

SERVINGS



6

CALORIES



667 kcal

BREAD

### Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup buttermilk
- 1 cup coconut or shredded
- 2 teaspoons coconut extract
- 4 eggs
- 3 cups flour all-purpose
- 0.5 teaspoon salt
- 1 cup vegetable oil

2 cups sugar white

## Equipment

bowl

oven

loaf pan

toothpicks

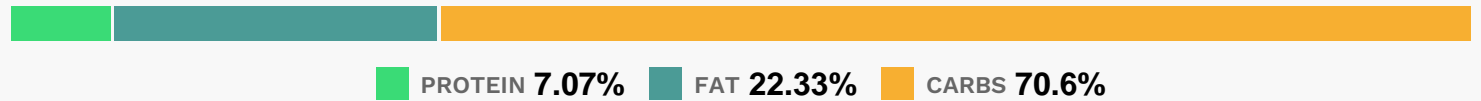
## Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x5 inch loaf pan.

In a large bowl, beat together sugar and vegetable oil. Beat in eggs and coconut extract. In a separate bowl, sift together flour, salt, baking powder and baking soda. Stir flour mixture into egg mixture alternately with buttermilk and coconut.

Bake in preheated oven for 45 minutes, until a toothpick inserted into center of the loaf comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:46.35, Glycemic Load:81.82, Inflammation Score:-5, Nutrition Score:14.883478403091%

## Nutrients (% of daily need)

Calories: 667.26kcal (33.36%), Fat: 16.67g (25.65%), Saturated Fat: 6.84g (42.77%), Carbohydrates: 118.58g (39.53%), Net Carbohydrates: 115.7g (42.07%), Sugar: 69.8g (77.56%), Cholesterol: 113.52mg (37.84%), Sodium: 408.71mg (17.77%), Alcohol: 0.57g (100%), Alcohol %: 0.29% (100%), Protein: 11.88g (23.76%), Selenium: 33.42µg (47.74%), Vitamin B1: 0.53mg (35.34%), Folate: 133.63µg (33.41%), Manganese: 0.64mg (32.15%), Vitamin B2: 0.53mg (31.09%), Iron: 3.82mg (21.25%), Vitamin B3: 3.83mg (19.13%), Phosphorus: 182.05mg (18.2%), Vitamin K: 13.79µg (13.13%), Fiber: 2.89g (11.55%), Calcium: 94.22mg (9.42%), Copper: 0.19mg (9.26%), Vitamin B5: 0.92mg (9.16%), Zinc: 1.12mg (7.49%), Vitamin B12: 0.45µg (7.42%), Vitamin D: 1.11µg (7.38%), Vitamin E: 1mg (6.67%), Magnesium: 25.83mg (6.46%), Potassium: 212.69mg (6.08%), Vitamin B6: 0.1mg (4.97%), Vitamin A: 224.4IU (4.49%)