



## Coconut Bread Pudding

READY IN



110 min.

SERVINGS



15

CALORIES



315 kcal

DESSERT

### Ingredients

- 2 tablespoons butter
- 28 ounce coconut milk canned
- 0.5 cup coconut or fresh
- 2 tablespoons coconut extract
- 0.3 cup confectioners' sugar
- 1 egg yolk
- 4 eggs
- 1 pound bread french cut into 1 inch cubes
- 1 teaspoon ground cinnamon

- 0.3 teaspoon ground nutmeg
- 0.3 teaspoon salt
- 1 cup sugar white

## Equipment

- bowl
- baking sheet
- oven
- baking pan

## Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease a 9x13 inch baking dish with butter, and dust with confectioners' sugar.
- In a large bowl, combine sugar, eggs, egg yolk, coconut milk, cinnamon, nutmeg, salt and coconut extract.
- Mix until smooth. Stir in 1 cup of flaked coconut, and 1/2 cup fresh coconut. Fold in bread cubes until evenly coated.
- Pour into prepared baking dish. Set aside for 30 minutes.
- Bake on a cookie sheet in preheated oven for 25 minutes.
- Sprinkle top with remaining 1/2 cup flaked coconut. Continue baking for 25 to 30 minutes, or until center springs back when lightly tapped.

## Nutrition Facts



**PROTEIN 7.78%** **FAT 48.15%** **CARBS 44.07%**

## Properties

Glycemic Index:19.04, Glycemic Load:21.43, Inflammation Score:-3, Nutrition Score:8.542608814395%

## Nutrients (% of daily need)

Calories: 315.32kcal (15.77%), Fat: 17.23g (26.5%), Saturated Fat: 13.57g (84.8%), Carbohydrates: 35.47g (11.82%), Net Carbohydrates: 33.33g (12.12%), Sugar: 19.56g (21.73%), Cholesterol: 60.62mg (20.21%), Sodium: 258.89mg

(11.26%), Alcohol: 0.68g (100%), Alcohol %: 0.72% (100%), Protein: 6.26g (12.52%), Manganese: 0.72mg (35.83%), Selenium: 16.59µg (23.7%), Vitamin B1: 0.24mg (15.83%), Folate: 53.71µg (13.43%), Iron: 2.38mg (13.2%), Phosphorus: 116.32mg (11.63%), Vitamin B2: 0.2mg (11.48%), Copper: 0.21mg (10.55%), Vitamin B3: 1.89mg (9.47%), Fiber: 2.15g (8.59%), Magnesium: 31.99mg (8%), Zinc: 0.89mg (5.91%), Potassium: 205.94mg (5.88%), Vitamin B5: 0.42mg (4.25%), Vitamin B6: 0.08mg (3.81%), Calcium: 34.93mg (3.49%), Vitamin A: 127.74IU (2.55%), Vitamin E: 0.35mg (2.33%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.3µg (2%), Vitamin C: 1.58mg (1.91%)