



Coconut-Pumpkin Bread

 Popular

READY IN



145 min.

SERVINGS



16

CALORIES



333 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup brown sugar packed
- ☐ 2 eggs
- ☐ 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup coconut flakes flaked
- ☐ 0.5 cup walnut pieces chopped

- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon baking soda
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 tablespoon pumpkin pie spice
- ☐ 1 cup peppermint candies white
- ☐ 2 tablespoons whipping cream
- ☐ 2 tablespoons coconut flakes flaked

Equipment

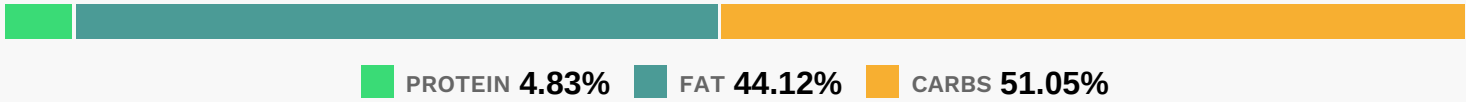
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ loaf pan
- ☐ hand mixer
- ☐ toothpicks
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. Lightly spray 9x5-inch loaf pan with cooking spray.
- ☐ In large bowl, beat butter and both sugars with electric mixer on medium speed until light and fluffy. Beat in eggs, pumpkin and vanilla. Stir in 1/2 cup coconut and the walnuts.
- ☐ Add flour, baking soda, baking powder and pumpkin pie spice; gently stir in.
- ☐ Pour batter into pan.
- ☐ Bake 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool in pan about 10 minutes.
- ☐ Remove from pan to cooling rack. Cool completely, about 1 hour.
- ☐ In small microwavable bowl, microwave vanilla baking chips and whipping cream on High in 30-second increments, stirring between microwaving, until mixture is smooth and creamy. If too thick, add small amount of cream.

- ☐
- Drizzle over cooled loaf; sprinkle with coconut.
- ☐
- Let glaze set before slicing.

Nutrition Facts



Properties

Glycemic Index:19.19, Glycemic Load:17.47, Inflammation Score:-8, Nutrition Score:7.012608634389%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

Nutrients (% of daily need)

Calories: 333.06kcal (16.65%), Fat: 16.83g (25.89%), Saturated Fat: 10.79g (67.45%), Carbohydrates: 43.82g (14.61%), Net Carbohydrates: 41.16g (14.97%), Sugar: 25.84g (28.71%), Cholesterol: 37.83mg (12.61%), Sodium: 196.32mg (8.54%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 4.14g (8.29%), Vitamin A: 1636.53IU (32.73%), Manganese: 0.45mg (22.71%), Selenium: 8.25µg (11.79%), Fiber: 2.66g (10.63%), Folate: 41.39µg (10.35%), Vitamin B1: 0.14mg (9.55%), Vitamin B2: 0.14mg (8.24%), Iron: 1.36mg (7.55%), Copper: 0.13mg (6.37%), Phosphorus: 63.68mg (6.37%), Calcium: 62.43mg (6.24%), Vitamin B3: 1.07mg (5.35%), Magnesium: 16.82mg (4.21%), Vitamin B5: 0.41mg (4.1%), Vitamin B6: 0.08mg (3.84%), Zinc: 0.43mg (2.85%), Potassium: 94.27mg (2.69%), Vitamin E: 0.3mg (1.97%), Vitamin B12: 0.06µg (1.07%)