

Hawaiian Bread III

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



796 kcal

BREAD

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 cup banana mashed
- 15 ounce pineapple with juice crushed canned
- 0.5 cup coconut or flaked
- 4 eggs
- 4 cups flour all-purpose
- 1 cup butter softened

- 0.8 teaspoon salt
- 0.5 cup walnuts chopped
- 2 cups sugar white

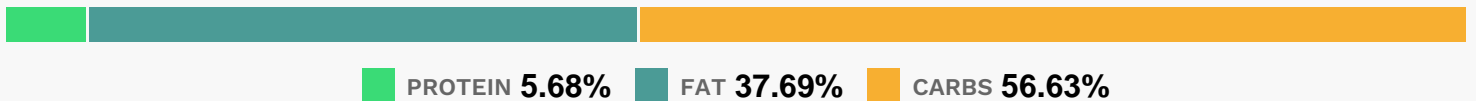
Equipment

- bowl
- oven
- loaf pan
- toothpicks

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
- In a large bowl, cream margarine and sugar together until light and fluffy.
- Mix in eggs, bananas and pineapple. In a separate bowl, sift together flour, baking soda, baking powder and salt. Stir flour mixture into egg mixture. Fold in coconut and walnuts.
- Pour batter into prepared loaf pans.
- Bake in preheated oven for 60 minutes, or until a toothpick inserted into center of the loaf comes out clean.

Nutrition Facts



Properties

Glycemic Index:38.98, Glycemic Load:72.88, Inflammation Score:-8, Nutrition Score:17.347826115463%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 795.82kcal (39.79%), Fat: 34.05g (52.39%), Saturated Fat: 9.05g (56.55%), Carbohydrates: 115.13g (38.38%), Net Carbohydrates: 110.66g (40.24%), Sugar: 61.74g (68.6%), Cholesterol: 81.84mg (27.28%), Sodium: 764.3mg (33.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.54g (23.08%), Manganese: 0.91mg (45.32%), Selenium: 30.08µg (42.97%), Vitamin B1: 0.59mg (39.55%), Folate: 140.93µg (35.23%), Vitamin B2: 0.48mg (28.07%), Vitamin A: 1179.81IU (23.6%), Iron: 4.03mg (22.41%), Vitamin B3: 4.16mg (20.82%), Phosphorus: 185.65mg (18.56%), Fiber: 4.47g (17.87%), Copper: 0.35mg (17.35%), Vitamin B6: 0.27mg (13.29%), Magnesium: 49.42mg (12.35%), Calcium: 108.06mg (10.81%), Potassium: 338.09mg (9.66%), Vitamin C: 7.68mg (9.3%), Vitamin E: 1.26mg (8.41%), Vitamin B5: 0.81mg (8.13%), Zinc: 1.15mg (7.7%), Vitamin B12: 0.22µg (3.74%), Vitamin D: 0.44µg (2.93%)