



Hawaiian Bubble Bread

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



229 kcal

Ingredients

- ☐ 1 cup banana ripe sliced
- ☐ 23.8 ounces bread flour divided
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup cream of coconut
- ☐ 0.5 cup honey
- ☐ 0.5 cup pineapple-orange-banana juice concentrate undiluted
- ☐ 2 tablespoons pineapple-orange-banana juice concentrate undiluted
- ☐ 0.5 cup powdered sugar sifted
- ☐ 1 teaspoon salt

- ☐ 1 teaspoon sugar
- ☐ 1 cup warm water (100° to 110°)
- ☐ 2.3 teaspoons quick-rise yeast

Equipment

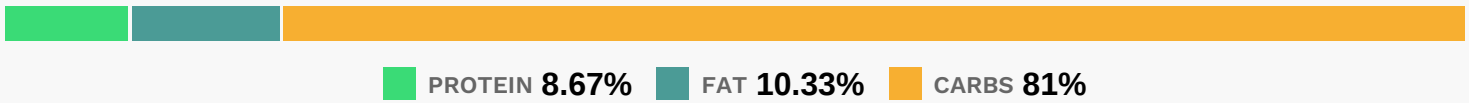
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Dissolve sugar and yeast in 1 cup warm water, and let stand for 5 minutes.
- ☐ Combine banana, 1/2 cup juice concentrate, honey, and butter in a blender; process until smooth, and set aside.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine 2 cups flour and salt in large bowl, stirring well.
- ☐ Add yeast mixture and banana mixture to flour mixture, stirring until well blended.
- ☐ Add 2 3/4 cups flour, stirring to form a soft dough.
- ☐ Turn the dough out onto a lightly floured surface; knead until smooth and elastic (about 8 minutes).
- ☐ Add enough of the remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 1/2 hours or until doubled in size. Punch dough down. Turn out onto a lightly floured surface; let rest 5 minutes. Form the dough into 1 1/2-inch balls (about 30 balls) on a lightly floured surface.
- ☐ Layer balls in a 10-inch tube pan coated with cooking spray; set aside.

- ☐ Combine cream of coconut and 2 tablespoons juice concentrate in bowl; stir well.
- ☐ Pour 3 tablespoons juice mixture over dough; set remaining juice mixture aside. Cover dough, and let rise 1 1/2 hours or until doubled in size.
- ☐ Preheat oven to 35
- ☐ Uncover dough, and bake at 350 for 30 minutes or until loaf sounds hollow when tapped. Cool in pan for 20 minutes.
- ☐ Remove from pan; place on a wire rack. Stir powdered sugar into remaining juice mixture.
- ☐ Drizzle powdered sugar mixture over top of warm bread.

Nutrition Facts



Properties

Glycemic Index:16.34, Glycemic Load:22.7, Inflammation Score:-3, Nutrition Score:5.099130421391%

Flavonoids

Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 229.23kcal (11.46%), Fat: 2.65g (4.08%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 46.73g (15.58%), Net Carbohydrates: 45.26g (16.46%), Sugar: 17.92g (19.91%), Cholesterol: 3.34mg (1.11%), Sodium: 144.05mg (6.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Selenium: 15.11µg (21.59%), Vitamin C: 14.59mg (17.69%), Manganese: 0.33mg (16.63%), Folate: 30.68µg (7.67%), Vitamin B1: 0.1mg (6.77%), Fiber: 1.47g (5.88%), Phosphorus: 47.16mg (4.72%), Copper: 0.09mg (4.39%), Potassium: 136.28mg (3.89%), Magnesium: 15.5mg (3.88%), Vitamin B6: 0.08mg (3.87%), Vitamin B2: 0.07mg (3.86%), Vitamin B3: 0.7mg (3.51%), Vitamin B5: 0.31mg (3.06%), Zinc: 0.4mg (2.67%), Iron: 0.44mg (2.45%), Vitamin E: 0.25mg (1.67%), Vitamin A: 81.08IU (1.62%), Calcium: 11.21mg (1.12%)