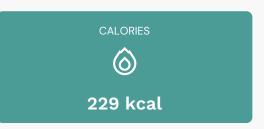


# **Hawaiian Bubble Bread**

**Vegetarian** 







## 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 orange juice concentrate undiluted
2 tablespoons orange juice concentrate undiluted
0.5 cup powdered sugar sifted
1 teaspoon salt

	1 teaspoon sugar
	1 cup water (100° to 110°)
	2.3 teaspoons yeast
Εq	uipment
	bowl
	frying pan
	oven
	knife
	wire rack
	blender
	measuring cup
Di	rections
	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, 11/2 hours or until doubled in size. Punch dough down. Turn out onto a lightly floured surface; let rest 5 minutes. Form the dough into 11/2-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 11/2 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. Coo 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
DECTEIN 9 67% FAT 10 32% CARRS 91%

### **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

#### 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 %: O% (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%)