



Jamaican Coconut Bread

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



253 kcal

BREAD

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup brown sugar
- 4 ounces butter melted
- 1.3 cups coconut or grated
- 1 large eggs
- 2 cups flour
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg grated

- 0.3 cup raisins
- 0.3 teaspoon salt
- 1 cup water

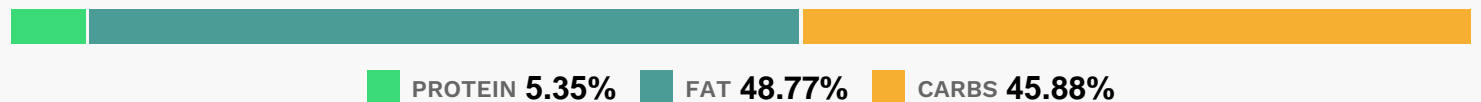
Equipment

- food processor
- bowl
- frying pan
- baking paper
- oven
- wire rack
- blender

Directions

- Preheat oven to 35
- Combine first 7 ingredients in a large bowl. Process coconut and water in a food processor or blender until finely grated; add egg, and process. Stir coconut mixture and butter into flour mixture just until moistened.
- Pour into a lightly greased 9- x 5-inch loafpan lined with parchment paper.
- Bake at 350 for 40 to 45 minutes or until wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove bread from pan. Cool completely on wire rack.

Nutrition Facts



Properties

Glycemic Index:29.23, Glycemic Load:12.96, Inflammation Score:-3, Nutrition Score:5.8200000498606%

Nutrients (% of daily need)

Calories: 252.76kcal (12.64%), Fat: 14.03g (21.58%), Saturated Fat: 10.11g (63.21%), Carbohydrates: 29.68g (9.89%), Net Carbohydrates: 27.41g (9.97%), Sugar: 9.65g (10.72%), Cholesterol: 35.82mg (11.94%), Sodium: 193.91mg

(8.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Manganese: 0.42mg (20.87%), Selenium: 10.21µg (14.58%), Vitamin B1: 0.17mg (11.65%), Folate: 41.41µg (10.35%), Fiber: 2.27g (9.1%), Iron: 1.56mg (8.68%), Vitamin B2: 0.14mg (8.21%), Phosphorus: 68.73mg (6.87%), Vitamin B3: 1.34mg (6.68%), Copper: 0.12mg (6.07%), Calcium: 59.27mg (5.93%), Vitamin A: 258.98IU (5.18%), Magnesium: 15.55mg (3.89%), Potassium: 116.3mg (3.32%), Zinc: 0.4mg (2.66%), Vitamin B6: 0.05mg (2.64%), Vitamin B5: 0.25mg (2.5%), Vitamin E: 0.32mg (2.11%)