



## Lemon and Strawberry Loaf

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



320 kcal

SIDE DISH

### Ingredients

- 125 g butter softened
- 1 cup sugar
- 2 eggs
- 1.3 cup self raising flour
- 0.3 cup coconut or
- 0.5 cup yogurt
- 1 juice of lemon finely grated (35-38g lemon juice)
- 150 g strawberries fresh cut into quarters

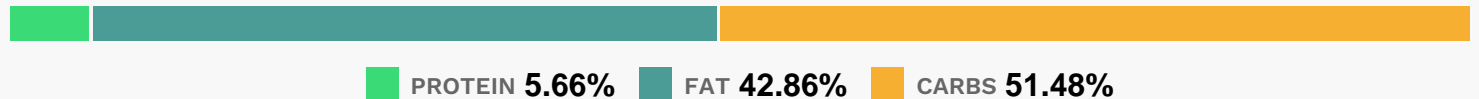
## Equipment

- baking paper
- oven
- wire rack
- spatula
- skewers

## Directions

- Preheat the oven to 180C. Line a 23cm x 12cm loaf tin with baking paper.
- Beat butter and sugar until pale and creamy.
- Add eggs, one at a time beating well after each addition. Then add lemon rind and juice.
- Stir in flour, dessicated coconut, yoghurt and strawberries with a rubber spatula.
- Pour mixture into loaf tin and smooth the top.
- Bake for 50-60 minutes or until a skewer inserted in the centre comes out clean.
- Cool in the tin for 10 minutes, then turn out onto a wire rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:32.01, Glycemic Load:27.21, Inflammation Score:-3, Nutrition Score:5.0352173913043%

## Flavonoids

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## **Nutrients (% of daily need)**

Calories: 319.53kcal (15.98%), Fat: 15.52g (23.88%), Saturated Fat: 9.49g (59.32%), Carbohydrates: 41.95g (13.98%), Net Carbohydrates: 40.87g (14.86%), Sugar: 26.94g (29.93%), Cholesterol: 76.5mg (25.5%), Sodium: 124.5mg (5.41%), Protein: 4.61g (9.22%), Selenium: 12.11µg (17.29%), Vitamin C: 12.64mg (15.32%), Manganese: 0.27mg (13.49%), Vitamin A: 467.89IU (9.36%), Phosphorus: 66.65mg (6.66%), Vitamin B2: 0.1mg (5.82%), Folate: 19.06µg (4.76%), Fiber: 1.08g (4.32%), Vitamin E: 0.63mg (4.21%), Vitamin B5: 0.37mg (3.67%), Calcium: 35.19mg (3.52%), Copper: 0.07mg (3.35%), Zinc: 0.47mg (3.14%), Vitamin B12: 0.18µg (3.02%), Potassium: 104.15mg (2.98%), Iron: 0.53mg (2.96%), Magnesium: 11.82mg (2.95%), Vitamin B6: 0.04mg (2.16%), Vitamin B1: 0.03mg (2.15%), Vitamin D: 0.24µg (1.57%), Vitamin K: 1.63µg (1.56%), Vitamin B3: 0.31mg (1.55%)