



Pani Popo (Hawaiian Coconut Bread)

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



196 kcal

Ingredients

- 10 ounce coconut milk canned
- 12 ounce dinner rolls frozen thawed
- 3 tablespoons condensed milk sweetened
- 0.8 cup sugar white to taste

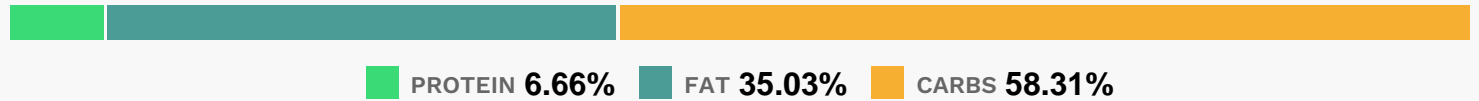
Equipment

- bowl
- oven
- baking pan

Directions

- Coat a 9x13 inch baking dish with cooking spray. Coat your hands with cooking spray or shortening, and roll the dough balls in your hands so that they have a light coating.
- Place in the prepared dish. Set aside in a warm place to rise until doubled, up to 2 hours.
- Preheat the oven to 350 degrees F (175 degrees C). In a small bowl, stir together the coconut milk, sweetened condensed milk and sugar.
- Pour this mixture over the top of the rolls as evenly as you can.
- Bake for 30 minutes in the preheated oven, until golden brown.
- Let cool for a few minutes before separating and serving.

Nutrition Facts



Properties

Glycemic Index:10.92, Glycemic Load:10.39, Inflammation Score:-1, Nutrition Score:5.2182609273688%

Nutrients (% of daily need)

Calories: 195.91kcal (9.8%), Fat: 7.88g (12.13%), Saturated Fat: 5.68g (35.53%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 27.92g (10.15%), Sugar: 16.45g (18.27%), Cholesterol: 1.7mg (0.57%), Sodium: 158.57mg (6.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.75%), Manganese: 0.51mg (25.36%), Selenium: 11.64µg (16.62%), Vitamin B1: 0.13mg (8.89%), Iron: 1.41mg (7.83%), Calcium: 68mg (6.8%), Vitamin B3: 1.34mg (6.72%), Phosphorus: 65.76mg (6.58%), Fiber: 1.6g (6.39%), Vitamin B2: 0.1mg (5.92%), Copper: 0.11mg (5.35%), Folate: 21.34µg (5.33%), Magnesium: 20.25mg (5.06%), Potassium: 113.53mg (3.24%), Zinc: 0.46mg (3.08%), Vitamin B5: 0.18mg (1.84%), Vitamin B6: 0.03mg (1.59%)