



Strawberry Coconut Bread

 Vegetarian

READY IN



150 min.

SERVINGS



6

CALORIES



339 kcal

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup sugar
- ☐ 0.3 cup coconut or shredded
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 1 eggs lightly beaten
- ☐ 0.5 cup bananas mashed (1 large)
- ☐ 0.5 cup milk
- ☐ 0.3 cup coconut oil

☐ 0.5 cup strawberries fresh sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ loaf pan
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F. Grease 8x4-inch loaf pan with shortening or cooking spray.
- ☐ In large bowl, stir together flour, sugar, coconut, baking powder and salt; make well in center of mixture.
- ☐ In medium bowl, beat egg, mashed banana, milk and oil with whisk until well blended.
- ☐ Add wet mixture to dry ingredients, stirring just until moistened. Stir in half of the strawberries. Spoon batter into pan. Scatter remaining strawberries over top.
- ☐ Bake 45 to 60 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes.
- ☐ Remove from pan to cooling rack. Cool completely, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:66.98, Glycemic Load:32.07, Inflammation Score:-3, Nutrition Score:8.2543478556301%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 338.63kcal (16.93%), Fat: 15.3g (23.53%), Saturated Fat: 11.99g (74.94%), Carbohydrates: 47.88g (15.96%), Net Carbohydrates: 45.91g (16.69%), Sugar: 20.87g (23.19%), Cholesterol: 29.72mg (9.91%), Sodium: 390.58mg (16.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.5%), Selenium: 14.02µg (20.03%), Manganese: 0.38mg (19.05%), Vitamin B1: 0.27mg (18.08%), Folate: 68.42µg (17.1%), Vitamin B2: 0.24mg (13.9%), Calcium: 135.63mg (13.56%), Phosphorus: 117.35mg (11.74%), Iron: 1.98mg (11.02%), Vitamin C: 8.83mg (10.71%), Vitamin B3: 2.07mg (10.33%), Fiber: 1.97g (7.9%), Vitamin B6: 0.12mg (5.77%), Potassium: 176.07mg (5.03%), Magnesium: 18.69mg (4.67%), Copper: 0.09mg (4.58%), Vitamin B5: 0.42mg (4.16%), Zinc: 0.5mg (3.3%), Vitamin B12: 0.18µg (2.92%), Vitamin D: 0.37µg (2.47%), Vitamin A: 85.98IU (1.72%), Vitamin E: 0.18mg (1.22%)