

SIDE DISH

Sweet Potato and Coconut Bread

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
85 min	15 min	70 min	10	\$0.91	644 kcal



Sweet Potato and Coconut Bread could be just the lacto ovo vegetarian recipe you've been looking for. One serving contains 700 calories, 10g of protein, and 39g of fat. For 91 cents per serving, you get a side dish that serves 10. This recipe is liked by 1 foodies and cooks.

Ingredients

- | | |
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| ☐ 2 teaspoons baking powder | ☐ 1 teaspoon baking soda |
| ☐ 1 cup softened butter | ☐ 1 teaspoon freshly ground cinnamon |
| ☐ 1 cup flaked coconut | ☐ 4 eggs |
| ☐ 3 cups all-purpose flour | ☐ ½ teaspoon freshly ground nutmeg |
| ☐ ¼ teaspoon salt | ☐ 22/3 cups cooked mashed sweet potatoes |
| ☐ 1 teaspoon vanilla extract | ☐ 1 cup chopped walnuts |
| ☐ 2 cups white sugar | |

Method

- 1 Preheat oven to 350 degrees F (175 degrees C). Grease a 10-inch tube pan.
- 2 Mix flour, baking powder, baking soda, cinnamon, nutmeg, and salt in a bowl.
- 3 Beat butter in a large bowl using an electric mixer until creamy, about 2 minutes. Gradually beat sugar into creamed butter until fully incorporated, about 3 more minutes.
- 4 Add eggs, 1 at a time, beating each egg completely before add the next. Beat in sweet potato and vanilla extract until well mixed. Stir flour mixture, coconut, and walnuts into butter mixture until just combined.
- 5 Pour batter into the prepared tube pan.
- 6 Bake in the preheated oven until a toothpick inserted into the bread comes out clean, about 1 hour 10 minutes.

Nutrition per serving			
	644	9 g	34 g
	KCAL	PROTEIN	FAT
			80 g
			CARBS
Saturated Fat			17.9 g · 112% of daily needs
Fibre			4.4 g · 18% of daily needs
Sugar			42.6 g · 47% of daily needs
Sodium			447 mg · 19% of daily needs
Cholesterol			114 mg · 38% of daily needs
Vitamin C			1.1 mg · 1% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/sweet-potato-and-coconut-bread-148027