



Yummy Lemon Coconut Loaf

 Vegetarian

READY IN



85 min.

SERVINGS



4

CALORIES



777 kcal

SIDE DISH

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 cup butter softened
- 0.5 cup coconut or flaked
- 0.8 cup confectioners' sugar
- 2 eggs
- 1.5 cups flour all-purpose
- 1 juice of lemon juiced
- 2 teaspoons juice of lemon as needed

- 0.5 cup milk
- 0.3 teaspoon salt
- 1 cup sugar white

Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- toothpicks
- ziploc bags

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 4x8-inch loaf pan.
- Beat white sugar and butter in a large bowl until light and fluffy.
- Add eggs, one at a time, beating well after each addition. Stir juice and zest of one lemon into butter mixture.
- Mix flour, baking powder, and salt in a separate bowl; add to butter mixture alternately with milk, mixing until batter is just incorporated. Fold in coconut, mixing just enough to evenly combine.
- Pour the batter into prepared loaf pan.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 60 to 65 minutes. Cool in the pan for 10 minutes before removing to cool completely on a wire rack.
- Gradually stir 2 teaspoons lemon juice into confectioners' sugar in a bowl until mixture is thin enough to drizzle.
- Transfer mixture to a resealable plastic bag.
- Cut a small hole in the corner of the bag. Gently squeeze bag and drizzle mixture evenly over the loaf.

Nutrition Facts

PROTEIN 4.85% FAT 38.1% CARBS 57.05%

Properties

Glycemic Index:81.27, Glycemic Load:61.59, Inflammation Score:-6, Nutrition Score:13.178260823955%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 776.71kcal (38.84%), Fat: 33.58g (51.66%), Saturated Fat: 22g (137.48%), Carbohydrates: 113.1g (37.7%), Net Carbohydrates: 110.08g (40.03%), Sugar: 74.63g (82.92%), Cholesterol: 146.51mg (48.84%), Sodium: 482.54mg (20.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.62g (19.24%), Selenium: 25.92µg (37.03%), Manganese: 0.62mg (31.17%), Vitamin B1: 0.4mg (26.94%), Folate: 99.93µg (24.98%), Vitamin B2: 0.41mg (24.1%), Phosphorus: 176.4mg (17.64%), Vitamin A: 877.9IU (17.56%), Iron: 3.08mg (17.09%), Vitamin B3: 2.9mg (14.51%), Calcium: 126.61mg (12.66%), Fiber: 3.03g (12.12%), Copper: 0.18mg (8.76%), Vitamin B5: 0.79mg (7.86%), Magnesium: 27.62mg (6.9%), Vitamin B12: 0.41µg (6.81%), Vitamin E: 0.99mg (6.63%), Zinc: 0.99mg (6.59%), Potassium: 202.75mg (5.79%), Vitamin B6: 0.11mg (5.7%), Vitamin D: 0.78µg (5.17%), Vitamin C: 4.03mg (4.88%), Vitamin K: 2.32µg (2.21%)