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Coconut-Rum Banana Bread ^{••}

Coconut-Rum Banana Bread is a delicious and moist bread made with ripe bananas, coconut flakes, and a splash of rum. It's perfect for breakfast, brunch, or as a snack. This recipe has a tropical twist that will transport you to a sunny beach.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 60 mins

Total Time: 75 mins

Recipe Yield: 1000 grams

Number of Servings: 10

Serving Size: 100 g

Ingredients

300 g	Ripe bananas
250 g	all-purpose flour
200 g	granulated sugar
100 g	unsalted butter
2 units	Eggs

50 g	Coconut Flakes
30 ml	rum
2 tsp	baking powder
1 tsp	baking soda
0.5 tsp	salt

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C). Grease a loaf pan with butter or cooking spray.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mashing

In a large mixing bowl, mash the ripe bananas with a fork or potato masher.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Add the melted butter, eggs, rum, and sugar to the mashed bananas. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a separate bowl, whisk together the flour, baking powder, baking soda, salt, and coconut flakes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Stirring

Gradually add the dry ingredients to the wet ingredients. Stir until just combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Pouring

Pour the batter into the greased loaf pan. Smooth the top with a spatula.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Baking

Bake in the preheated oven for 50-60 minutes, or until a toothpick inserted into the center comes out clean.

Prep Time: 0 mins

Cook Time: 60 mins

Step 8

Cooling

Remove the bread from the oven and let it cool in the pan for 10 minutes. Transfer to a wire rack to cool completely before slicing.

Prep Time: 10 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 4 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	12 g	42.86%	48%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas Thanksgiving Picnic

Course

Breads

Cultural

Thanksgiving

Demographics

Senior Friendly Teen Friendly Diabetic Friendly Heart Healthy

Diet

Paleo Diet The Whole30 Diet Zone Diet
TLC Diet (Therapeutic Lifestyle Changes) Intermittent Fasting 16:8 Diet
Vegetarian Diet Vegan Diet Pescatarian Diet Blood Type Diet
Anti-Inflammatory Diet

Meal Type

Breakfast Brunch Snack

Difficulty Level

Medium

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