



## Baked Persimmon Indian Pudding

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



320 kcal

DESSERT

### Ingredients

- 2 teaspoons baking soda
- 0.3 lb butter at room temperature
- 0.8 cup cornmeal
- 0.3 cup blackstrap molasses dark
- 12 servings eggnog
- 2 large eggs
- 1 cup flour all-purpose
- 1 cup fuyu persimmon pulp (see notes)

- 0.3 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger
- 1 cup raisins
- 0.8 cup sugar
- 1 teaspoon vanilla
- 0.5 cup walnut pieces chopped

## Equipment

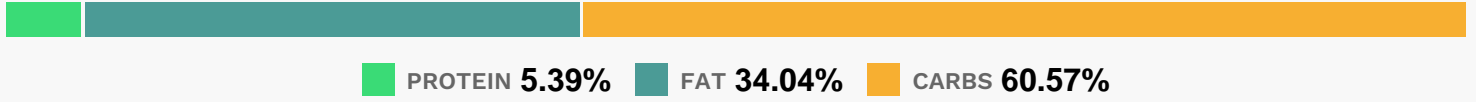
- food processor
- bowl
- frying pan
- oven
- knife
- blender
- loaf pan
- aluminum foil

## Directions

- In a blender or food processor, whirl persimmon pulp and baking soda until smooth.
- In a bowl, with a mixer on medium speed, beat sugar, 1/2 cup butter, and molasses until blended.
- Add eggs and vanilla and beat until smooth. In another bowl, mix flour, cornmeal, cinnamon, ginger, and allspice. Stir dry ingredients and persimmon pure into sugar-butter mixture.
- Add raisins and walnuts and mix until blended.
- Pour batter into a buttered and floured 7- to 8-cup loaf pan or ring mold (no deeper than 3 in.); cover tightly with foil. Put pan in a larger pan and place in a 300 oven.
- Add 3/4 inch boiling water to outer pan around loaf pan or 1/2 inch boiling water around ring mold.

- Bake until pudding is firm in center when lightly pressed (lift foil to check), about 2 hours (about 1 1/4 hours in a convection oven). Carefully lift pan from water and let stand 10 minutes, then uncover. Run a knife between pudding and sides of pan to release. Invert onto a plate.
- Cut warm or cool pudding into slices, transfer to plates, and top with spoonfuls of persimmon-eggnog sauce.

## Nutrition Facts



### Properties

Glycemic Index:38.45, Glycemic Load:29.62, Inflammation Score:-5, Nutrition Score:7.8469564908225%

### Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

### Nutrients (% of daily need)

Calories: 319.55kcal (15.98%), Fat: 12.51g (19.24%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 50.07g (16.69%), Net Carbohydrates: 47.64g (17.32%), Sugar: 18.19g (20.21%), Cholesterol: 31.59mg (10.53%), Sodium: 290.98mg (12.65%), Alcohol: 0.11g (100%), Alcohol %: 0.15% (100%), Protein: 4.45g (8.9%), Manganese: 0.49mg (24.4%), Vitamin C: 13.78mg (16.71%), Iron: 2.24mg (12.45%), Selenium: 8.42µg (12.02%), Magnesium: 43.04mg (10.76%), Vitamin B1: 0.15mg (9.96%), Potassium: 347.71mg (9.93%), Copper: 0.2mg (9.77%), Fiber: 2.43g (9.71%), Vitamin B6: 0.18mg (8.77%), Phosphorus: 86.87mg (8.69%), Vitamin B2: 0.14mg (8.03%), Folate: 31.63µg (7.91%), Vitamin A: 386.55IU (7.73%), Vitamin B3: 1.14mg (5.68%), Zinc: 0.69mg (4.62%), Calcium: 40.2mg (4.02%), Vitamin B5: 0.34mg (3.35%), Vitamin E: 0.46mg (3.08%), Vitamin B12: 0.09µg (1.47%), Vitamin D: 0.18µg (1.19%)