



## Crisp Persimmon Pie

 Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



250 kcal

DESSERT

### Ingredients

- 0.3 cup firmly brown sugar packed
- 1 tablespoon butter cut into small pieces
- 9 servings pastry ) refrigerated for a double-crust 9-inch pie (15-oz. package at room temperature
- 2.5 pounds firm-ripe fuyu persimmons
- 0.3 cup granulated sugar
- 1 teaspoon ground cinnamon
- 3 tablespoons juice of lemon
- 0.5 teaspoon lemon zest grated

- 0.5 teaspoon orange peel grated
- 2.5 tablespoons quick-cooking tapioca

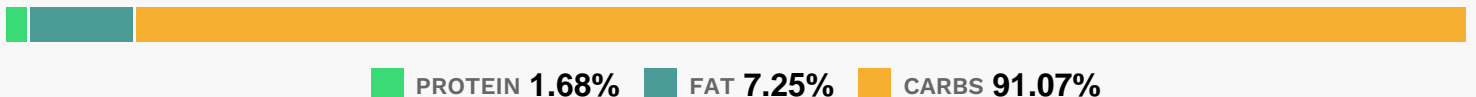
## Equipment

- bowl
- oven
- aluminum foil
- pie form

## Directions

- Rinse Fuyu persimmons. Trim and discard stem ends. Slice persimmons crosswise into thin rounds; you should have 8 cups.
- In a large bowl, combine persimmons, granulated sugar, brown sugar, tapioca, cinnamon, orange peel, lemon peel, and lemon juice; stir gently to blend.
- Fit 1 pastry round into a 9-inch pie pan.
- Pour in persimmon mixture and dot with butter.
- Lay remaining pastry round over fruit. Fold pastry edges together and crimp to seal.
- Cut decorative slits in top pastry.
- Bake on the lowest rack in a 375 oven until juices bubble in center of pie and pastry is well browned, about 1 hour. If pastry edges brown before pie is done, drape dark areas with foil. Cool pie on a rack.
- Serve at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:20.12, Glycemic Load:26.52, Inflammation Score:-3, Nutrition Score:6.3539130657749%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 249.56kcal (12.48%), Fat: 2.18g (3.35%), Saturated Fat: 0.36g (2.24%), Carbohydrates: 61.5g (20.5%), Net Carbohydrates: 61.33g (22.3%), Sugar: 15.44g (17.15%), Cholesterol: 0mg (0%), Sodium: 20.86mg (0.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.27%), Vitamin C: 85.4mg (103.51%), Iron: 3.26mg (18.12%), Potassium: 409.36mg (11.7%), Calcium: 44.28mg (4.43%), Phosphorus: 34.62mg (3.46%), Manganese: 0.05mg (2.49%), Vitamin A: 57.13IU (1.14%)