



Crisp Persimmon with Ricotta, Honey, Pecans, and Mint



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



18

CALORIES



102 kcal

DESSERT

Ingredients

- ☐ 6 fuyu persimmon pulp cut into 6 wedges
- ☐ 3 tablespoons honey
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 6 mint leaves thinly sliced
- ☐ 0.5 cup part-skim ricotta
- ☐ 0.3 cup pecans toasted chopped

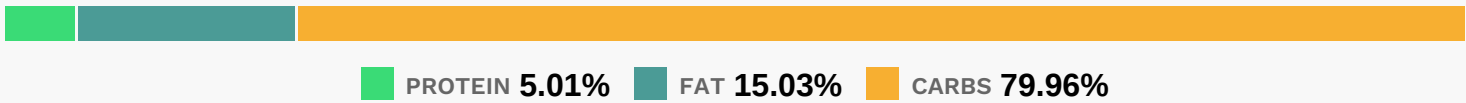
Equipment

☐ bowl

Directions

- ☐ Cut seeds from persimmon wedges to form a small, flat top on each wedge.
- ☐ Combine ricotta and rind in a small bowl. Arrange 1/2 teaspoon ricotta mixture on flat top of each wedge.
- ☐ Drizzle each with 1/4 teaspoon honey.
- ☐ Sprinkle evenly with mint and pecans.

Nutrition Facts



Properties

Glycemic Index:6.24, Glycemic Load:10.89, Inflammation Score:-2, Nutrition Score:3.4769565105114%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 102.07kcal (5.1%), Fat: 1.86g (2.87%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 22.09g (8.03%), Sugar: 2.96g (3.29%), Cholesterol: 2.14mg (0.71%), Sodium: 9.43mg (0.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Vitamin C: 37.39mg (45.32%), Iron: 1.5mg (8.34%), Potassium: 192.49mg (5.5%), Manganese: 0.08mg (3.78%), Calcium: 36.24mg (3.62%), Phosphorus: 31.77mg (3.18%), Selenium: 1.24µg (1.77%), Copper: 0.02mg (1.15%), Zinc: 0.17mg (1.15%), Vitamin B2: 0.02mg (1.01%)