



## Deep Dish Persimmon Pie

 Vegetarian

READY IN



125 min.

SERVINGS



6

CALORIES



510 kcal

DESSERT

### Ingredients

- 0.3 cup butter melted
- 1 tablespoon cornstarch
- 6 cups fuyu persimmons peeled thinly sliced
- 10 graham crackers crushed
- 1 tablespoon ground cinnamon
- 0.3 cup brown sugar light packed
- 0.1 teaspoon sea salt

### Equipment

bowl

oven

## Directions

Preheat an oven to 375 degrees F (190 degrees C).

Combine brown sugar, cinnamon, cornstarch, and sea salt in a small bowl.

Spread half of the persimmons into an 8-inch deep pie plate.

Sprinkle with half of the the sugar mixture. Repeat with the remaining persimmons and sugar mixture. Set aside.

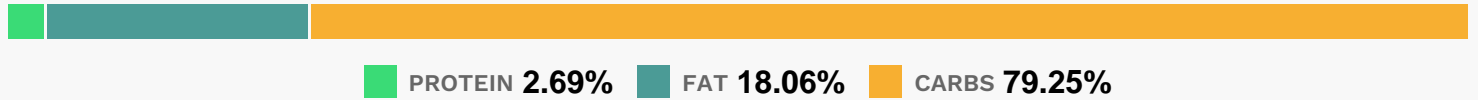
Mix graham cracker crumbs and melted butter until evenly combined.

Spread crust evenly over persimmons.

Bake until crust is golden brown and persimmons are tender, about 45 minutes.

Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:29.83, Glycemic Load:52.22, Inflammation Score:-6, Nutrition Score:10.181739150182%

## Nutrients (% of daily need)

Calories: 510.42kcal (25.52%), Fat: 10.97g (16.87%), Saturated Fat: 5.23g (32.69%), Carbohydrates: 108.33g (36.11%), Net Carbohydrates: 106.81g (38.84%), Sugar: 14.29g (15.88%), Cholesterol: 20.34mg (6.78%), Sodium: 268.22mg (11.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin C: 156.2mg (189.33%), Iron: 7.06mg (39.24%), Potassium: 794.98mg (22.71%), Manganese: 0.24mg (11.98%), Phosphorus: 112.31mg (11.23%), Calcium: 105.61mg (10.56%), Fiber: 1.51g (6.05%), Vitamin A: 240.3IU (4.81%), Vitamin B3: 0.91mg (4.57%), Magnesium: 15.62mg (3.91%), Vitamin B1: 0.05mg (3.6%), Vitamin B2: 0.06mg (3.52%), Zinc: 0.49mg (3.26%), Folate: 11.19µg (2.8%), Vitamin E: 0.25mg (1.67%), Vitamin B6: 0.03mg (1.47%), Vitamin K: 1.08µg (1.03%)