



 1%
HEALTH SCORE

Loquat Pie

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



48 kcal

DESSERT

Ingredients

- 0.1 teaspoon allspice
- 0.5 teaspoon cinnamon
- 2 tablespoons flour
- 0.1 teaspoon ginger
- 4 cups loquats
- 2 teaspoons salt
- 1 tablespoon sugar
- 0.5 cup water

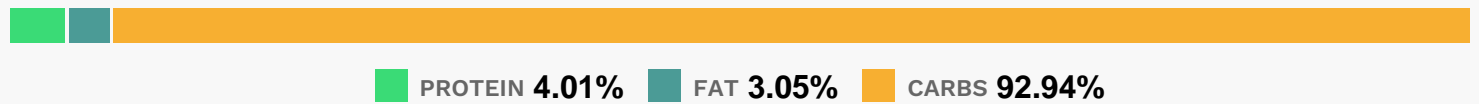
Equipment

- oven
- pie form

Directions

- Wash and quarter loquats, removing seeds.
- Combine loquats and water and cook until tender, about 15 minutes. Sift dry ingredients together, then stir into loquats. Cook over medium heat until mixture thickens, remove from heat and cool. Prepare pastry for an 8 or 9 inch pie plate. When loquat filling is partially cooled, pour into pie dish containing bottom crust. Cover with top crust and bake at 450:F for 10 minutes, then 350:F for 30 minutes.
- Serves 8. Country: Bermuda course: baking

Nutrition Facts



Properties

Glycemic Index:22.51, Glycemic Load:2.09, Inflammation Score:-6, Nutrition Score:2.8847826086957%

Taste

Sweetness: 67.83%, Saltiness: 100%, Sourness: 22.93%, Bitterness: 63.42%, Savoriness: 8.48%, Fattiness: 11.06%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 48.03kcal (2.4%), Fat: 0.18g (0.27%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 10.71g (3.89%), Sugar: 1.51g (1.67%), Cholesterol: 0mg (0%), Sodium: 582.95mg (25.35%), Protein: 0.52g (1.04%), Vitamin A: 1138.9IU (22.78%), Manganese: 0.15mg (7.37%), Potassium: 201.32mg (5.75%), Fiber: 1.39g (5.56%), Vitamin B6: 0.08mg (3.78%), Folate: 13.88µg (3.47%), Magnesium: 10.39mg (2.6%), Phosphorus: 22.27mg (2.23%), Vitamin B1: 0.03mg (1.93%), Copper: 0.04mg (1.8%), Iron: 0.31mg (1.74%), Vitamin B2: 0.03mg (1.62%), Selenium: 1.1µg (1.57%), Calcium: 14.48mg (1.45%), Vitamin B3: 0.25mg (1.24%)