



## Old-Fashioned Persimmon Pudding

 Vegetarian

READY IN



115 min.

SERVINGS



15

CALORIES



317 kcal

DESSERT

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 cup brown sugar
- 6 tablespoons butter melted
- 1 teaspoon cinnamon
- 3 eggs beaten
- 4 cups flour all-purpose
- 2 cups milk

- 0.5 teaspoon salt
- 2.5 cups persimmon pulp
- 1 cup sugar white

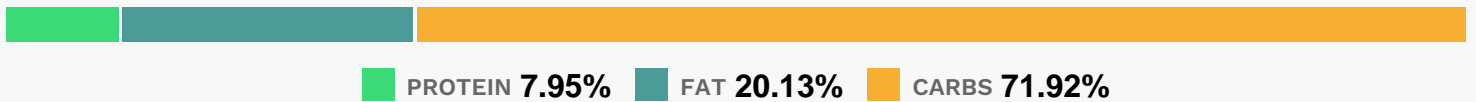
## Equipment

- bowl
- oven
- whisk
- baking pan
- toothpicks

## Directions

- Preheat oven to 300 degrees F (150 degrees C). Spray a 9x13-inch baking dish with cooking spray.
- In a bowl, whisk together the flour, baking soda, baking powder, salt, cinnamon, white sugar, and brown sugar until thoroughly combined. In a large bowl, beat the eggs and milk together until smooth, and add the flour mixture, alternating with the persimmon pulp in several additions, mixing well after each addition. Stir in the melted butter. Scrape the batter into the prepared baking dish.
- Bake in the preheated oven until a toothpick inserted into the pudding comes out clean, about 1 hour. Allow to cool before serving.

## Nutrition Facts



## Properties

Glycemic Index:22.01, Glycemic Load:28.36, Inflammation Score:-4, Nutrition Score:7.9243478623583%

## Nutrients (% of daily need)

Calories: 316.78kcal (15.84%), Fat: 7.14g (10.99%), Saturated Fat: 3.85g (24.06%), Carbohydrates: 57.42g (19.14%), Net Carbohydrates: 56.45g (20.53%), Sugar: 29.23g (32.47%), Cholesterol: 48.68mg (16.23%), Sodium: 246.36mg (10.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.69%), Selenium: 17.09µg (24.42%), Vitamin B1:

0.29mg (19.19%), Folate: 70.75µg (17.69%), Manganese: 0.35mg (17.33%), Vitamin B2: 0.26mg (15.2%), Iron: 2.12mg (11.77%), Phosphorus: 106.34mg (10.63%), Vitamin B3: 2.05mg (10.25%), Calcium: 96.91mg (9.69%), Copper: 0.1mg (5.18%), Vitamin A: 240.56IU (4.81%), Magnesium: 19.17mg (4.79%), Potassium: 161.68mg (4.62%), Vitamin B5: 0.45mg (4.46%), Vitamin B12: 0.26µg (4.39%), Zinc: 0.61mg (4.05%), Vitamin B6: 0.08mg (3.96%), Fiber: 0.97g (3.89%), Vitamin D: 0.53µg (3.56%), Vitamin E: 0.26mg (1.74%)