



Paleo Persimmon Pie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



251 kcal

DESSERT

Ingredients

- 0.3 cup agave nectar
- 20 dates pitted
- 1 teaspoon ground cinnamon for garnish
- 0.5 teaspoon olive oil
- 2 tablespoons pecans chopped
- 6 persimmons ripe

Equipment

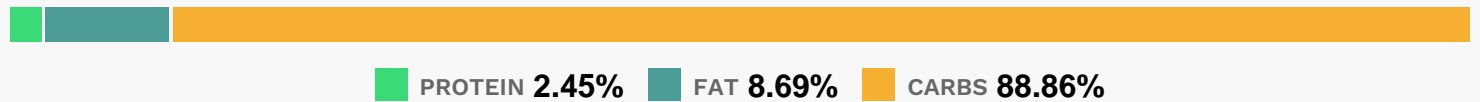
- food processor

pie form

Directions

- Lightly grease an 8-inch pie pan with olive oil.
- Blend 3 cups pecans and dates in a food processor until finely ground, about 1 minute.
- Pour agave nectar over nut mixture and process until fully incorporated, about 30 seconds. Press nut mixture evenly into prepared pie pan.
- Peel and pit persimmons, then puree in food processor until smooth.
- Pour over crust and smooth out.
- Garnish with chopped pecans and cinnamon.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:28, Inflammation Score:-3, Nutrition Score:7.9486956680598%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 250.79kcal (12.54%), Fat: 2.66g (4.09%), Saturated Fat: 0.2g (1.22%), Carbohydrates: 61.14g (20.38%), Net Carbohydrates: 59.35g (21.58%), Sugar: 15.87g (17.64%), Cholesterol: 0mg (0%), Sodium: 1.91mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin C: 84.44mg (102.35%), Iron: 3.42mg (19%), Potassium: 517.01mg (14.77%), Manganese: 0.2mg (10.12%), Fiber: 1.79g (7.15%), Phosphorus: 50.76mg (5.08%), Calcium: 45.17mg (4.52%), Copper: 0.07mg (3.38%), Magnesium: 10.77mg (2.69%), Vitamin B6: 0.05mg (2.53%), Vitamin B1: 0.03mg (2.27%), Vitamin K: 2.34µg (2.22%), Vitamin B2: 0.03mg (1.54%), Vitamin B3: 0.3mg (1.51%), Folate: 5.95µg (1.49%), Vitamin B5: 0.13mg (1.26%), Zinc: 0.17mg (1.13%), Selenium: 0.74µg (1.06%), Vitamin E: 0.15mg (1.02%)