

Persimmon Bars

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



291 kcal

SIDE DISH

Ingredients

- 1 teaspoon baking soda
- 1 cup powdered sugar
- 1 eggs beaten
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 1 teaspoon nutmeg
- 2 tablespoons juice of lemon

- 1 cup raisins
- 1 teaspoon salt
- 1 cup persimmon pulp
- 0.5 cup vegetable oil
- 1 cup walnut pieces chopped
- 1 cup granulated sugar white

Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 10x15 inch jelly roll pan.
- In a small bowl, stir together persimmon pulp and baking soda; set aside. In a separate bowl, mix together egg, white sugar, vegetable oil and raisins.
- In a large bowl, stir together flour cinnamon, nutmeg, salt and cloves. Stir persimmon mixture and egg mixture into the dry ingredients. Fold in walnuts.
- Spread batter into prepared pan.
- Bake in preheated oven for 20 minutes. Meanwhile, combine confectioners' sugar and lemon juice. Stir until sugar is dissolved.
- Remove bars from oven and spread with glaze.

Nutrition Facts



PROTEIN 5.58% **FAT 26.91%** **CARBS 67.51%**

Properties

Glycemic Index:24.91, Glycemic Load:25.53, Inflammation Score:-2, Nutrition Score:6.4321739103483%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 290.56kcal (14.53%), Fat: 9.04g (13.91%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 51.04g (17.01%), Net Carbohydrates: 49g (17.82%), Sugar: 26.84g (29.82%), Cholesterol: 13.64mg (4.55%), Sodium: 295.55mg (12.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Manganese: 0.57mg (28.73%), Copper: 0.24mg (12.09%), Selenium: 8.23µg (11.75%), Vitamin B1: 0.17mg (11.61%), Folate: 43.53µg (10.88%), Iron: 1.56mg (8.67%), Fiber: 2.04g (8.17%), Vitamin B2: 0.14mg (8.13%), Phosphorus: 73.74mg (7.37%), Magnesium: 26.22mg (6.55%), Vitamin B3: 1.19mg (5.93%), Potassium: 190.99mg (5.46%), Vitamin B6: 0.1mg (5.09%), Zinc: 0.55mg (3.66%), Vitamin K: 3.77µg (3.59%), Calcium: 28.25mg (2.82%), Vitamin C: 1.76mg (2.13%), Vitamin B5: 0.2mg (1.99%), Vitamin E: 0.28mg (1.84%)