



## Persimmon Bread

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



155 kcal

BREAD

### Ingredients

- 0.5 cup agave nectar
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 tablespoons apple sauce unsweetened
- 0.5 teaspoon ginger
- 1 tablespoon juice of lemon
- 0.5 teaspoon nutmeg freshly grated ()
- 1.3 cups persimmon mashed

- 0.3 cup raisins (may use up to)
- 0.5 teaspoon salt
- 0.3 cup walnut pieces chopped (optional-may use up to)
- 2 cups flour whole wheat

## Equipment

- bowl
- oven
- loaf pan
- toothpicks
- kugelhopf pan

## Directions

- Oil or spray a loaf pan or bundt pan. In a small bowl, mix the persimmon, lemon juice, oil or apple sauce, and agave nectar. In a large bowl, combine the remaining ingredients, except for raisins and walnuts.
- Pour the wet into the dry and mix just until all flour is moistened (do not over-mix). Fold in the raisins and walnuts, if desired.
- Pour into the prepared pan and bake until a toothpick inserted in the center comes out clean, about 40-50 minutes. (My bundt pan took closer to 40 minutes.) Allow to cool for 10 minutes and then remove from the pan. Cool completely before serving. Note: Low-fat quickbreads like this really benefit from being allowed to cool completely, which is why they often taste better the next day. The crust, which is chewier than breads with oil, will gather moisture and softness over time.

## Nutrition Facts



PROTEIN 8.01%  FAT 12.43%  CARBS 79.56%

## Properties

Glycemic Index:26.73, Glycemic Load:6.59, Inflammation Score:-2, Nutrition Score:7.6121738758748%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## **Nutrients (% of daily need)**

Calories: 154.6kcal (7.73%), Fat: 2.28g (3.51%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 32.87g (10.96%), Net Carbohydrates: 30.3g (11.02%), Sugar: 6.67g (7.41%), Cholesterol: 0mg (0%), Sodium: 179.82mg (7.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Manganese: 0.91mg (45.44%), Vitamin C: 18.53mg (22.47%), Selenium: 12.67µg (18.09%), Fiber: 2.58g (10.31%), Phosphorus: 96.33mg (9.63%), Iron: 1.54mg (8.56%), Vitamin B1: 0.12mg (8.3%), Magnesium: 32.68mg (8.17%), Copper: 0.13mg (6.64%), Vitamin B6: 0.12mg (6.16%), Vitamin B3: 1.12mg (5.6%), Potassium: 188.9mg (5.4%), Zinc: 0.61mg (4.04%), Calcium: 36.77mg (3.68%), Folate: 14.43µg (3.61%), Vitamin B2: 0.06mg (3.43%), Vitamin K: 2.52µg (2.4%), Vitamin E: 0.25mg (1.7%), Vitamin B5: 0.14mg (1.39%)