



Persimmon Bread

 Vegetarian

READY IN



205 min.

SERVINGS



8

CALORIES



439 kcal

BREAD

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup buttermilk
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose plus more for pan
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons orange zest finely grated
- ☐ 4 large persimmon very ripe

- ☐ 0.5 cup raisins
- ☐ 1 cup sugar
- ☐ 0.5 cup butter unsalted plus more for pan (1 stick)
- ☐ 0.8 cup flour whole wheat

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350°F. Butter and flour a 9x5x3" loaf pan. Tap out excess flour.
- ☐ Combine raisins and 2 tablespoons hot water in a small heatproof bowl.
- ☐ Let steep for 20 minutes to plump raisins (or microwave for 15 seconds).
- ☐ In a medium bowl, whisk together 3/4 cup all-purpose flour, whole wheat flour, baking soda, salt, and cinnamon. Set aside.
- ☐ Scoop persimmon flesh from skins into a blender. Purée until smooth.
- ☐ Transfer 1 cup purée to a medium bowl (reserve any remaining purée for another use).
- ☐ Whisk in buttermilk and orange zest. Set aside.
- ☐ Using an electric mixer, beat 1/2 cup butter in a medium bowl until light and creamy, about 2 minutes.
- ☐ Add sugar and beat until light and fluffy, 3–4 minutes longer.
- ☐ Add eggs, one at a time, beating until mixture is well combined. Gradually add persimmon mixture; beat until well combined.
- ☐ Add dry ingredients in 3 batches, beating just until incorporated. Fold in strained raisins.

- ☐ Pour batter into prepared loaf pan.
- ☐ Bakeuntil a tester inserted into center comes outclean, about 1 hour.
- ☐ Let bread cool in pan for 20 minutes.Unmold and let cool completely on a wirerack.
- ☐ calories, 13 g fat, 58 g carbohydrates
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:36.24, Glycemic Load:41.97, Inflammation Score:-5, Nutrition Score:11.510869477106%

Nutrients (% of daily need)

Calories: 438.53kcal (21.93%), Fat: 13.89g (21.38%), Saturated Fat: 7.95g (49.71%), Carbohydrates: 78.35g (26.12%), Net Carbohydrates: 75.93g (27.61%), Sugar: 25.58g (28.42%), Cholesterol: 78.1mg (26.03%), Sodium: 461.45mg (20.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.29%), Vitamin C: 57.98mg (70.28%), Manganese: 0.61mg (30.58%), Selenium: 15.5µg (22.15%), Iron: 3.56mg (19.75%), Potassium: 427.51mg (12.21%), Phosphorus: 118.59mg (11.86%), Vitamin B1: 0.17mg (11.39%), Vitamin B2: 0.18mg (10.49%), Fiber: 2.43g (9.71%), Vitamin A: 446.6IU (8.93%), Folate: 33.93µg (8.48%), Vitamin B3: 1.39mg (6.96%), Magnesium: 23.98mg (6%), Calcium: 58.06mg (5.81%), Copper: 0.11mg (5.42%), Vitamin B6: 0.1mg (4.81%), Zinc: 0.61mg (4.1%), Vitamin D: 0.59µg (3.95%), Vitamin B5: 0.38mg (3.77%), Vitamin E: 0.56mg (3.76%), Vitamin B12: 0.18µg (3.02%), Vitamin K: 1.39µg (1.32%)