



Persimmon bread



Vegetarian



Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



258 kcal

BREAD

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup cranberries dried
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 tsp nutmeg
- ☐ 0.5 teaspoon salt
- ☐ 1 cup persimmon pulp

- ☐ 0.5 cup vegetable oil
- ☐ 1 cup sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350 degrees F. Oil a 9 x 5 loaf inch pan.
- ☐ In a small bowl, combine flour, baking soda, cinnamon, nutmeg, and salt. Set aside.
- ☐ In a large mixing bowl, blend eggs, sugar, and oil.
- ☐ Add in pulp and mix again. Then fold in flour mixture and blend with electric mixer until batter is smooth and no lumps of flour remain.Stir in cranberries.
- ☐ Pour batter into prepared pan.
- ☐ Bake for about 50–60 minutes, or until tester inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:30.42, Inflammation Score:-2, Nutrition Score:5.6204348089092%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 257.8kcal (12.89%), Fat: 4.48g (6.89%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 51.32g (17.11%), Net Carbohydrates: 50.12g (18.23%), Sugar: 30.6g (34%), Cholesterol: 40.92mg (13.64%), Sodium: 300.28mg (13.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Selenium: 13.15µg (18.78%), Manganese: 0.29mg (14.68%), Folate: 52.15µg (13.04%), Vitamin B1: 0.19mg (12.86%), Vitamin B2: 0.18mg (10.36%), Iron: 1.55mg (8.59%), Vitamin B3: 1.45mg (7.27%), Phosphorus: 57.3mg (5.73%), Vitamin K: 5.77µg (5.49%), Fiber: 1.2g (4.78%), Copper: 0.08mg (4.05%), Vitamin E: 0.52mg (3.45%), Vitamin B5: 0.3mg (3.02%), Magnesium: 11.15mg (2.79%), Zinc: 0.41mg (2.73%), Calcium: 25.66mg (2.57%), Vitamin B6: 0.05mg (2.5%), Potassium: 78.54mg (2.24%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Vitamin A: 60.28IU (1.21%)