

Persimmon Cake



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



470 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon soda
- ☐ 3 eggs slightly beaten
- ☐ 3 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 10 servings powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups persimmon pulp ()
- ☐ 2 cups sugar

- ☐ 1 cup vegetable oil
- ☐ 1 cup walnuts chopped

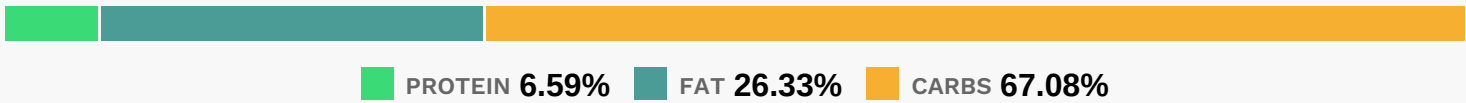
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kugelhopf pan

Directions

- ☐ Combine first 9 ingredients, mixing well.
- ☐ Pour into a greased and floured 10 – inch Bundt pan.
- ☐ Bake at 325 for 1 hour or until done.
- ☐ Remove from pan while warm. Dust with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:48.79, Inflammation Score:-4, Nutrition Score:10.41739124578%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg

Nutrients (% of daily need)

Calories: 470.14kcal (23.51%), Fat: 14.06g (21.63%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 80.59g (26.86%), Net Carbohydrates: 78.69g (28.62%), Sugar: 48.2g (53.56%), Cholesterol: 49.1mg (16.37%), Sodium: 138.33mg (6.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.83%), Manganese: 0.77mg (38.5%), Selenium: 19.57µg (27.96%), Vitamin B1: 0.34mg (22.88%), Folate: 91.07µg (22.77%), Vitamin B2: 0.28mg (16.23%), Copper: 0.29mg (14.51%), Iron: 2.59mg (14.4%), Vitamin B3: 2.38mg (11.88%), Phosphorus: 118.23mg (11.82%), Magnesium: 33.21mg (8.3%), Vitamin K: 8.55µg (8.14%), Fiber: 1.9g (7.61%), Vitamin B6: 0.12mg (6.16%), Zinc: 0.91mg (6.04%), Vitamin B5: 0.45mg (4.5%), Potassium: 150.77mg (4.31%), Calcium: 41.7mg (4.17%), Vitamin E: 0.6mg (4.03%), Vitamin B12: 0.12µg (1.96%), Vitamin D: 0.26µg (1.76%), Vitamin A: 74.21IU (1.48%)