

Persimmon Cake

 Vegetarian

READY IN



155 min.

SERVINGS



10

CALORIES



316 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 2 eggs
- 2.5 cups flour all-purpose
- 1 cup milk
- 0.5 teaspoon salt
- 2 cups persimmon pulp
- 2 cups sugar

2 teaspoons vanilla extract

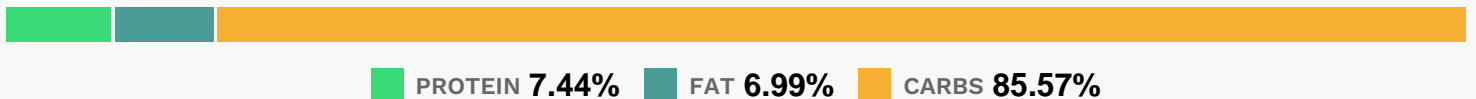
Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- toothpicks
- cake form

Directions

- Preheat oven to 300 degrees F (150 degrees C). Grease and flour a 9x13 inch cake pan.
- Whisk together the flour baking powder, baking soda, salt, and sugar in a bowl, set aside.
- Whisk together the eggs, persimmon pulp, milk, and vanilla extract in a separate bowl until smooth. Fold the persimmon mixture into the flour mixture until no dry lumps remain.
- Pour into the prepared pan.
- Bake in preheated oven until a toothpick inserted into the center comes out clean, about 1 hour 15 minutes. Cool in the pan for 10 minutes, then remove from the pan, and allow to cool completely on a wire rack before icing.

Nutrition Facts



Properties

Glycemic Index:27.51, Glycemic Load:45.66, Inflammation Score:-3, Nutrition Score:7.085652195889%

Nutrients (% of daily need)

Calories: 316.17kcal (15.81%), Fat: 2.47g (3.81%), Saturated Fat: 0.82g (5.16%), Carbohydrates: 68.11g (22.7%), Net Carbohydrates: 67.26g (24.46%), Sugar: 41.31g (45.9%), Cholesterol: 35.66mg (11.89%), Sodium: 381.42mg (16.58%), Alcohol: 0.28g (100%), Alcohol %: 0.27% (100%), Protein: 5.92g (11.85%), Selenium: 16.59µg (23.7%), Vitamin B1:

0.27mg (17.83%), Folate: 67.67µg (16.92%), Manganese: 0.32mg (15.95%), Vitamin B2: 0.24mg (14.21%), Iron: 1.97mg (10.92%), Vitamin B3: 1.9mg (9.53%), Phosphorus: 94.89mg (9.49%), Calcium: 71.46mg (7.15%), Copper: 0.1mg (5.19%), Magnesium: 17.36mg (4.34%), Potassium: 136.2mg (3.89%), Vitamin B5: 0.38mg (3.85%), Zinc: 0.57mg (3.83%), Vitamin B6: 0.07mg (3.59%), Vitamin B12: 0.21µg (3.5%), Fiber: 0.84g (3.38%), Vitamin D: 0.44µg (2.96%), Vitamin A: 87.05IU (1.74%)