



Persimmon Cookies



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



69 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 3 tablespoons juice of lemon
- ☐ 2 large persimmons ripe peeled coarsely chopped
- ☐ 1 cup powdered sugar sifted
- ☐ 1 cup raisins

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

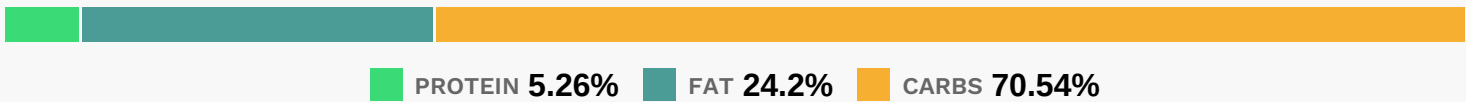
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wax paper

Directions

- ☐ Process chopped persimmon in a food processor until smooth, stopping once to scrape down sides. Measure 1 cup pulp.
- ☐ Combine pulp, sugar, oil, and egg, stirring until mixture is smooth.
- ☐ Combine flour, soda, and cinnamon in a large bowl; add persimmon mixture, stirring until blended. Stir in raisins and walnuts.
- ☐ Drop dough by rounded teaspoonfuls onto lightly greased baking sheets.
- ☐ Bake at 375 for 9 minutes.
- ☐ Transfer to wire racks placed on wax paper.
- ☐ Combine powdered sugar and lemon juice, stirring until smooth; drizzle over warm cookies. Cool.

Nutrition Facts



Properties

Glycemic Index:4.65, Glycemic Load:6.61, Inflammation Score:-1, Nutrition Score:1.6121739025997%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 68.52kcal (3.43%), Fat: 1.92g (2.96%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 12.62g (4.21%), Net Carbohydrates: 12.19g (4.43%), Sugar: 5.37g (5.96%), Cholesterol: 3.1mg (1.03%), Sodium: 20.36mg (0.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Manganese: 0.11mg (5.39%), Vitamin C: 4.14mg (5.02%), Vitamin B1: 0.04mg (2.84%), Iron: 0.47mg (2.63%), Selenium: 1.81µg (2.59%), Folate: 10.15µg (2.54%), Copper: 0.05mg (2.28%), Vitamin B2: 0.03mg (1.93%), Fiber: 0.43g (1.71%), Phosphorus: 16.25mg (1.62%), Potassium: 52.53mg (1.5%), Vitamin B3: 0.3mg (1.48%), Magnesium: 4.89mg (1.22%)