

Persimmon Fool

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

SIDE DISH

Ingredients

- ☐ 6 oz fuyu persimmon pulp
- ☐ 2 teaspoons gelatin powder unflavored (from one)
- ☐ 0.5 cup cup heavy whipping cream chilled
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 2 cups persimmon
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon water

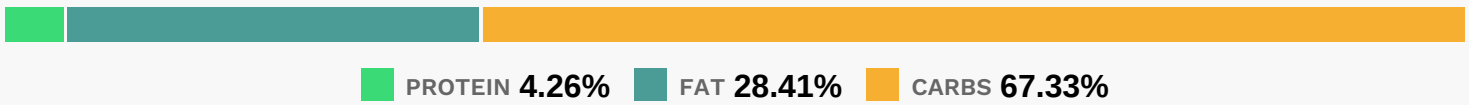
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Sprinkle gelatin over water in a small heatproof cup and let stand 1 minute to soften. Stir together persimmon purée, sugar, lemon juice, and a pinch of salt in a bowl until sugar is dissolved.
- ☐ Melt softened gelatin in cup set in a saucepan of simmering water, then stir into persimmon purée. Beat cream in another bowl with an electric mixer until it just holds stiff peaks, then gently fold into purée. Divide fool among 4 stemmed glasses and chill, covered, at least 8 hours (it will set softly).
- ☐ Just before serving, peel Fuyu persimmons, seeding if necessary, and chop. Top fool with chopped persimmons.
- ☐ Persimmon fool can be chilled up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:42.52, Glycemic Load:31.13, Inflammation Score:-5, Nutrition Score:7.7386956521026%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 335.6kcal (16.78%), Fat: 11.41g (17.55%), Saturated Fat: 6.84g (42.78%), Carbohydrates: 60.82g (20.27%), Net Carbohydrates: 60.82g (22.12%), Sugar: 6.9g (7.67%), Cholesterol: 33.62mg (11.21%), Sodium: 13.83mg (0.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Vitamin C: 107.04mg (129.75%), Iron: 4.08mg (22.65%), Potassium: 529.17mg (15.12%), Vitamin A: 437.44IU (8.75%), Calcium: 64.44mg (6.44%), Phosphorus: 60mg (6%), Vitamin B2: 0.06mg (3.64%), Vitamin D: 0.48µg (3.17%), Selenium: 1.72µg (2.46%), Copper: 0.05mg (2.39%), Vitamin E: 0.28mg (1.84%)