



Persimmon Gingerbread



Vegetarian

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READY IN

ready

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45 min.

SERVINGS

servings

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12

CALORIES

calories

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254 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds toasted chopped
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter softened
- ☐ 3 large eggs
- ☐ 9 ounces flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves

- ☐ 1.5 teaspoons ground ginger
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.3 cup blackstrap molasses
- ☐ 1.5 cups hachiya persimmon puree ripe
- ☐ 2 teaspoons powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water boiling

Equipment

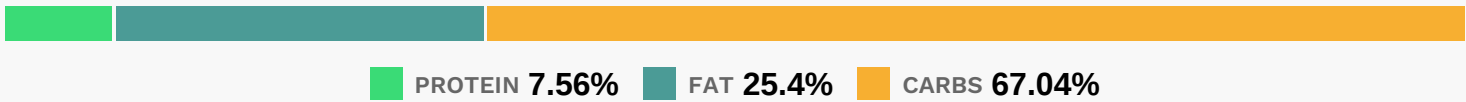
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350
- ☐ Place brown sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 3 minutes).
- ☐ Add persimmon puree, molasses, and eggs; beat well (about 1 minute).
- ☐ Lightly spoon flour into dry measuring cups; level with a knife. Sift together flour and next 6 ingredients (through cloves).
- ☐ Add flour mixture and 1/3 cup boiling water alternately to persimmon mixture, beginning and ending with flour mixture. Stir in almonds.
- ☐ Pour batter into a 9-inch square baking pan coated with cooking spray.
- ☐ Bake at 350 for 30 minutes. Cool 10 minutes in pan on a wire rack. Dust with powdered sugar.

- ☐ Cut into 12 squares.
- ☐ To speed the ripening process, freeze the fruit overnight or until solid. Thaw the persimmon; when soft, it will be sweeter and less astringent.
- ☐ Cut the ripe fruit in half. Scoop the pulp out with a spoon.
- ☐ To achieve an even consistency, place the flesh in a mini-chopper and process until smooth. This ensures the persimmon puree will incorporate evenly into the batter.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:19.81, Inflammation Score:-4, Nutrition Score:8.718260884285%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 254.43kcal (12.72%), Fat: 7.37g (11.33%), Saturated Fat: 3.02g (18.88%), Carbohydrates: 43.74g (14.58%), Net Carbohydrates: 42.53g (15.47%), Sugar: 16.51g (18.34%), Cholesterol: 56.67mg (18.89%), Sodium: 195.08mg (8.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.87%), Manganese: 0.51mg (25.7%), Vitamin C: 19.53mg (23.67%), Selenium: 13.18µg (18.83%), Iron: 2.67mg (14.82%), Vitamin B2: 0.21mg (12.34%), Vitamin B1: 0.18mg (12.29%), Folate: 46.83µg (11.71%), Magnesium: 41.27mg (10.32%), Potassium: 315.11mg (9%), Vitamin E: 1.28mg (8.51%), Phosphorus: 79.5mg (7.95%), Vitamin B3: 1.53mg (7.67%), Copper: 0.13mg (6.68%), Calcium: 59.15mg (5.91%), Vitamin B6: 0.1mg (5.23%), Fiber: 1.21g (4.82%), Vitamin B5: 0.4mg (3.98%), Vitamin A: 186.34IU (3.73%), Zinc: 0.48mg (3.21%), Vitamin B12: 0.12µg (1.99%), Vitamin D: 0.25µg (1.67%)