

Persimmon Pie

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



180 kcal

DESSERT

Ingredients

- 2 tablespoons butter melted
- 2 eggs
- 0.5 teaspoon ground cinnamon
- 2 cups half and half
- 1 teaspoon juice of lemon
- 0.3 teaspoon salt
- 1 cup persimmon pulp
- 0.5 cup granulated sugar white

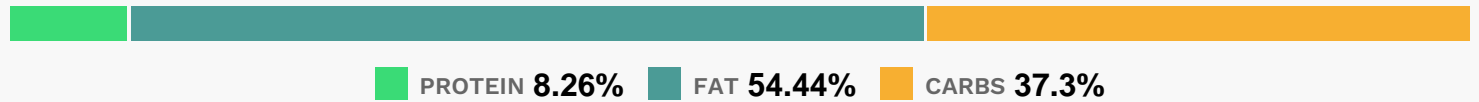
Equipment

oven

Directions

- Preheat oven to 450 degrees F (230 degrees C).
- Combine eggs, cinnamon, sugar, and salt.
- Mix in cream, persimmon pulp, melted butter, and lemon juice.
- Pour into unbaked pie shell.
- Bake for 10 minutes. Reduce heat to 350 degrees F (175 degrees C), and bake an additional 30 minutes. Cool before slicing.

Nutrition Facts



Properties

Glycemic Index:15.64, Glycemic Load:8.73, Inflammation Score:-2, Nutrition Score:3.7208695696748%

Flavonoids

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

Nutrients (% of daily need)

Calories: 180.39kcal (9.02%), Fat: 11.15g (17.15%), Saturated Fat: 6.43g (40.17%), Carbohydrates: 17.19g (5.73%), Net Carbohydrates: 17.12g (6.23%), Sugar: 15.03g (16.71%), Cholesterol: 69.62mg (23.21%), Sodium: 149.22mg (6.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin B2: 0.17mg (10.26%), Selenium: 7.04µg (10.06%), Phosphorus: 89.38mg (8.94%), Calcium: 85.39mg (8.54%), Vitamin A: 361.44IU (7.23%), Manganese: 0.09mg (4.39%), Potassium: 129.81mg (3.71%), Vitamin B12: 0.22µg (3.65%), Vitamin B5: 0.36mg (3.62%), Vitamin B6: 0.07mg (3.35%), Zinc: 0.47mg (3.14%), Magnesium: 11.52mg (2.88%), Folate: 11.19µg (2.8%), Iron: 0.44mg (2.44%), Vitamin E: 0.35mg (2.35%), Copper: 0.05mg (2.27%), Vitamin B1: 0.03mg (1.73%), Vitamin D: 0.22µg (1.47%), Vitamin K: 1.1µg (1.05%)