



Persimmon Pudding

READY IN



45 min.

SERVINGS



16

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 1.3 cups buttermilk
- ☐ 2 eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon salt
- ☐ 2 cups persimmon pulp

- ☐ 2 cups sugar
- ☐ 16 servings creamy vanilla sauce
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup walnuts chopped
- ☐ 0.3 cup whipping cream

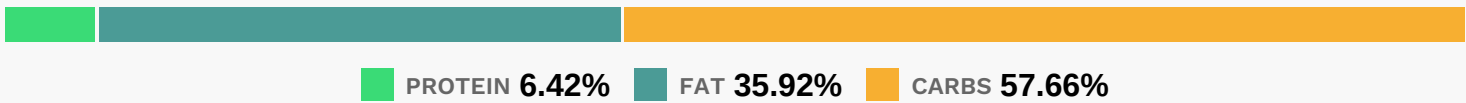
Equipment

- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Combine buttermilk and soda in a small mixing bowl; stir well, and set aside.
- ☐ Combine eggs and persimmon pulp in a large mixing bowl; stir well. Sift together flour, baking powder, cinnamon, and salt in a medium mixing bowl.
- ☐ Add dry ingredients to egg mixture alternately with buttermilk mixture, beginning and ending with flour mixture. Stir well after each addition. Stir whipping cream, sugar, butter, vanilla, and walnuts into batter; beat well.
- ☐ Pour batter into a well – greased 2 1/2-quart shallow baking dish .
- ☐ Bake at 350 for 45 minutes or until a knife inserted in center comes out clean. Cool in dish 10 minutes.
- ☐ Cut into 2 1/2-inch squares, and transfer to a serving plate.
- ☐ Serve with Creamy Vanilla Sauce.

Nutrition Facts



Properties

Glycemic Index:18.32, Glycemic Load:24.37, Inflammation Score:-3, Nutrition Score:5.5899999336056%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 260.15kcal (13.01%), Fat: 10.57g (16.26%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 38.18g (12.73%), Net Carbohydrates: 37.3g (13.57%), Sugar: 26.38g (29.31%), Cholesterol: 26.72mg (8.91%), Sodium: 177.14mg (7.7%), Alcohol: 0.43g (100%), Alcohol %: 0.59% (100%), Protein: 4.25g (8.5%), Manganese: 0.42mg (20.96%), Selenium: 8.6µg (12.28%), Folate: 36.29µg (9.07%), Vitamin B1: 0.13mg (8.82%), Copper: 0.18mg (8.79%), Vitamin B2: 0.14mg (8.45%), Phosphorus: 82.54mg (8.25%), Calcium: 65.63mg (6.56%), Iron: 1.11mg (6.18%), Magnesium: 21.29mg (5.32%), Vitamin A: 244.01IU (4.88%), Vitamin B3: 0.82mg (4.1%), Vitamin B6: 0.08mg (4.01%), Zinc: 0.55mg (3.67%), Fiber: 0.87g (3.49%), Potassium: 118.14mg (3.38%), Vitamin D: 0.41µg (2.76%), Vitamin B5: 0.28mg (2.75%), Vitamin B12: 0.14µg (2.41%), Vitamin E: 0.28mg (1.84%)