



Persimmon Pudding Cake

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



180 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 1 cup persimmon pulp
- ☐ 0.5 cup walnuts chopped

☐ 0.8 cup sugar white

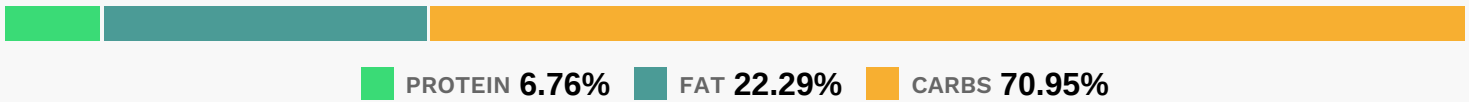
Equipment

- ☐ frying pan
- ☐ oven
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 9 or 10 inch bundt pan.
- ☐ Combine the persimmon pulp with the baking soda. Stir in the sugar, flour, baking powder, salt, raisins, chopped nuts and milk.
- ☐ Mix until combined.
- ☐ Pour the batter into the prepared pan.
- ☐ Bake at 350 degrees F (175 degrees C) for 1 hour.
- ☐ Serve warm with lemon sauce or vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:35.39, Glycemic Load:20.78, Inflammation Score:-2, Nutrition Score:4.5465217180874%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

Nutrients (% of daily need)

Calories: 179.79kcal (8.99%), Fat: 4.63g (7.12%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 33.12g (11.04%), Net Carbohydrates: 31.9g (11.6%), Sugar: 15.74g (17.49%), Cholesterol: 1.46mg (0.49%), Sodium: 255.2mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.31%), Manganese: 0.35mg (17.75%), Vitamin B1: 0.14mg (9.03%), Selenium: 6.18µg (8.83%), Folate: 32µg (8%), Copper: 0.16mg (7.93%), Phosphorus: 63.2mg (6.32%), Iron: 1.13mg (6.26%), Vitamin B2: 0.11mg (6.23%), Fiber: 1.22g (4.89%), Magnesium: 18.86mg (4.72%), Calcium: 46.38mg (4.64%), Vitamin B3: 0.91mg (4.55%), Potassium: 143.64mg (4.1%), Vitamin B6: 0.07mg (3.6%), Zinc: 0.4mg (2.68%), Vitamin B5: 0.15mg (1.48%), Vitamin B12: 0.07µg (1.1%)