



Persimmon Pudding Cake



Vegetarian



Popular

READY IN



65 min.

SERVINGS



8

CALORIES



467 kcal

DESSERT

Ingredients

- ☐ 2 cups hachiya persimmon pulp ripe
- ☐ 0.5 cup sugar
- ☐ 4 eggs
- ☐ 0.5 cup butter melted (1 stick)
- ☐ 0.8 cups milk
- ☐ 1 teaspoon vanilla
- ☐ 1.5 cups flour
- ☐ 1 teaspoon double-acting baking powder

- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon ground allspice
- ☐ 1 cup nuts – pecans chopped
- ☐ 8 servings whipping cream

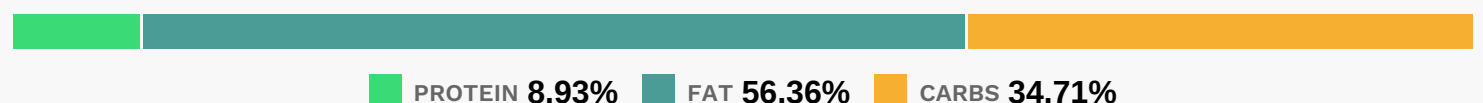
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400°F. In a large bowl, mix the persimmon pulp, sugar, eggs, butter, milk and vanilla.
- ☐ In a separate bowl vigorously whisk together the flour, baking powder, baking soda, salt, and spices.
- ☐ Add the dry ingredients to the wet ingredients, a third at a time, fully incorporating after each addition.
- ☐ Add the chopped nuts.
- ☐ Bake in an 8-inch square glass pan, buttered, at 400°F until done (about 50 minutes).
- ☐ Top with a dollop of whipped cream.

Nutrition Facts



Properties

Glycemic Index:55.59, Glycemic Load:23.13, Inflammation Score:-6, Nutrition Score:12.854782574851%

Nutrients (% of daily need)

Calories: 466.84kcal (23.34%), Fat: 29.89g (45.98%), Saturated Fat: 13.24g (82.75%), Carbohydrates: 41.41g (13.8%), Net Carbohydrates: 38.78g (14.1%), Sugar: 14.28g (15.87%), Cholesterol: 132.04mg (44.01%), Sodium: 476.22mg (20.71%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 10.65g (21.3%), Manganese: 0.82mg (41.13%), Selenium: 19.2µg (27.43%), Phosphorus: 212.96mg (21.3%), Vitamin B2: 0.33mg (19.22%), Folate: 71.43µg (17.86%), Copper: 0.35mg (17.48%), Vitamin B1: 0.25mg (16.82%), Magnesium: 61.9mg (15.48%), Iron: 2.73mg (15.16%), Vitamin A: 736.63IU (14.73%), Calcium: 131.1mg (13.11%), Vitamin B3: 2.36mg (11.79%), Fiber: 2.63g (10.54%), Zinc: 1.47mg (9.81%), Potassium: 289.45mg (8.27%), Vitamin B5: 0.83mg (8.26%), Vitamin B6: 0.16mg (7.95%), Vitamin D: 0.93µg (6.21%), Vitamin B12: 0.37µg (6.12%), Vitamin E: 0.74mg (4.9%), Vitamin K: 1.84µg (1.75%)