



Persimmon Pudding Cake



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



466 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon all spice
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup butter melted (1 stick)
- ☐ 2 teaspoon cinnamon
- ☐ 4 eggs
- ☐ 1.5 cups flour
- ☐ 1 teaspoon ginger

- ☐ 0.8 cups milk
- ☐ 0.5 teaspoon nutmeg
- ☐ 1 cup nuts – pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 cups hachiya persimmon pulp
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla
- ☐ 8 servings whipping cream

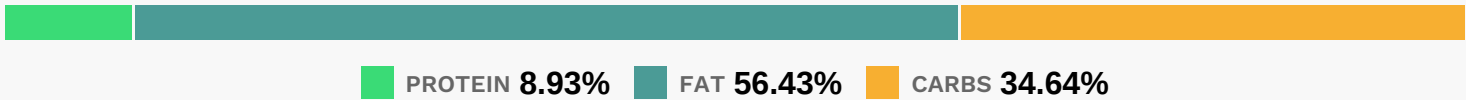
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 400°F. In a large bowl, mix the persimmon pulp, eggs, butter, milk and vanilla. 2 In a separate bowl mix the flour, sugar, baking powder, baking soda, salt, and spices. 3
- ☐ Add the dry ingredients to the wet ingredients, a third at a time, fully incorporating after each addition.
- ☐ Add the chopped nuts. 4
- ☐ Bake in a square glass pan, buttered, at 400°F until done (about 50 minutes).Top with a dollop of whipped cream.

Nutrition Facts



Properties

Glycemic Index:57.47, Glycemic Load:23.13, Inflammation Score:-6, Nutrition Score:12.628260939018%

Nutrients (% of daily need)

Calories: 466.21kcal (23.31%), Fat: 29.88g (45.97%), Saturated Fat: 13.23g (82.72%), Carbohydrates: 41.28g (13.76%), Net Carbohydrates: 38.67g (14.06%), Sugar: 14.28g (15.87%), Cholesterol: 132.04mg (44.01%), Sodium: 476.19mg (20.7%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 10.63g (21.27%), Manganese: 0.74mg (37%), Selenium: 19.06µg (27.23%), Phosphorus: 212.62mg (21.26%), Vitamin B2: 0.33mg (19.2%), Folate: 71.43µg (17.86%), Copper: 0.35mg (17.45%), Vitamin B1: 0.25mg (16.82%), Magnesium: 61.48mg (15.37%), Iron: 2.68mg (14.89%), Vitamin A: 736.56IU (14.73%), Calcium: 130.86mg (13.09%), Vitamin B3: 2.34mg (11.68%), Fiber: 2.6g (10.42%), Zinc: 1.46mg (9.75%), Vitamin B5: 0.83mg (8.25%), Potassium: 287.19mg (8.21%), Vitamin B6: 0.16mg (7.89%), Vitamin D: 0.93µg (6.21%), Vitamin B12: 0.37µg (6.12%), Vitamin E: 0.74mg (4.91%), Vitamin K: 1.83µg (1.75%)