



## Persimmon Pudding Cake

READY IN



120 min.

SERVINGS



12

CALORIES



327 kcal

DESSERT

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup brandy
- ☐ 6 tablespoon butter cooled melted
- ☐ 1 cup raisins dried
- ☐ 1.3 cup flour all-purpose
- ☐ 2 tablespoon honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup sugar

- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cup coarsely walnuts toasted chopped
- ☐ 2 cup whipped cream
- ☐ 1.5 cup milk whole

## Equipment

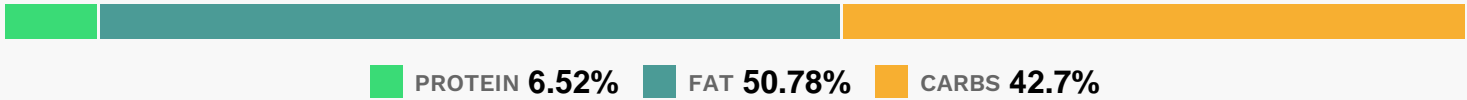
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ springform pan

## Directions

- ☐ Place the oven rack in the center position and preheat the oven to 350 degrees F. Butter the bottom and sides of a 10-inch springform pan.
- ☐ Place a round of parchment on the bottom.
- ☐ Place the raisins in a small bowl and pour the brandy over.
- ☐ Let soften about 20 minutes.
- ☐ Cut the persimmons in half, then scoop the pulp from the skins and place the pulp in a large bowl. Discard skins. Mash the pulp with a fork until smooth.
- ☐ Add the lightly beaten eggs, milk, vanilla, honey, melted butter and sugar. Stir to combine. In a separate large bowl, combine flour, salt, baking soda, and baking powder.
- ☐ Add the wet ingredients to the dry ingredients in 3 additions. Stirring to combine between each addition. Fold in the raisins and any remaining brandy along with the walnuts.
- ☐ Pour the batter into the prepared pan. It should come to about 1-inch from the top. Don't overfill.
- ☐ Place the filled pan on a rimmed baking sheet and transfer to the heated oven.

- ☐
- Bake until the cake has risen, is firm to the touch and begins to pull away from the sides of the pan, about 1 ½ to 1 ¾ hours.
- ☐
- Remove from oven and let cool on a wire rack. Once cool run a small knife along the edge to loosen the cake from the pan, then remove ring.
- ☐
- Cut into wedges and serve with whipped cream, if using.

## Nutrition Facts



## Properties

Glycemic Index:41.03, Glycemic Load:18.21, Inflammation Score:-4, Nutrition Score:7.7656522289566%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

## Nutrients (% of daily need)

Calories: 327.44kcal (16.37%), Fat: 18.59g (28.6%), Saturated Fat: 6.48g (40.47%), Carbohydrates: 35.18g (11.73%), Net Carbohydrates: 33.31g (12.11%), Sugar: 21.4g (23.77%), Cholesterol: 26.31mg (8.77%), Sodium: 286.84mg (12.47%), Alcohol: 1.78g (100%), Alcohol %: 2.15% (100%), Protein: 5.37g (10.74%), Manganese: 0.65mg (32.54%), Copper: 0.29mg (14.58%), Vitamin B1: 0.19mg (12.85%), Phosphorus: 125.59mg (12.56%), Folate: 39.94µg (9.99%), Calcium: 96.12mg (9.61%), Vitamin B2: 0.16mg (9.28%), Magnesium: 35.39mg (8.85%), Selenium: 6.08µg (8.69%), Fiber: 1.87g (7.47%), Iron: 1.32mg (7.34%), Vitamin B6: 0.14mg (7.18%), Potassium: 236.47mg (6.76%), Vitamin A: 304.52IU (6.09%), Vitamin B3: 1.18mg (5.88%), Zinc: 0.77mg (5.11%), Vitamin B12: 0.21µg (3.43%), Vitamin B5: 0.3mg (3%), Vitamin D: 0.38µg (2.5%), Vitamin E: 0.37mg (2.43%), Vitamin K: 1.6µg (1.53%)