



Persimmon-Pumpkin Pie

 Vegetarian

READY IN



105 min.

SERVINGS



8

CALORIES



473 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons apricot preserves
- ☐ 0.5 cup butter unsalted diced chilled 1 stick
- ☐ 1 cup pumpkin pure canned
- ☐ 1 tablespoon cornstarch
- ☐ 4 large eggs at room temperature
- ☐ 1.3 cups flour all-purpose
- ☐ 12 ounce fuyu persimmons ripe very ripe trimmed peeled cut into 1-inch pieces or 1 cup of persimmon pulp from two 6- to 7-ounce very hachiya persimmons
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.3 cup heavy whipping cream
- ☐ 0.3 cup mascarpone cheese
- ☐ 3 tablespoons mascarpone cheese chilled
- ☐ 0.5 cup powdered sugar
- ☐ 0.3 teaspoon salt fine
- ☐ 0.5 cup sugar

Equipment

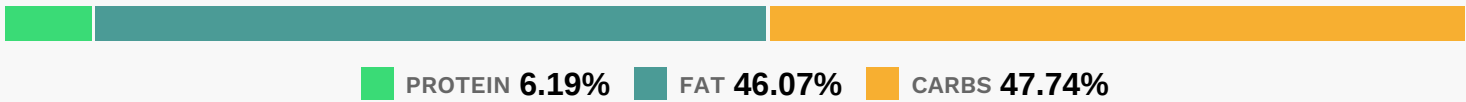
- ☐ food processor
- ☐ oven
- ☐ plastic wrap
- ☐ pie form
- ☐ ceramic pie form

Directions

- ☐ For the crust: Preheat the oven to 350 degrees F. Lightly spray a 9-inch-diameter glass or ceramic pie dish with vegetable oil cooking spray.
- ☐ In a food processor, blend the flour, sugar and salt until combined.
- ☐ Add the butter and mascarpone cheese and blend until moist clumps form. Gather the dough into a ball. Drop 2-inch pieces of dough over the bottom and sides of the pie dish. Using moist fingertips press the dough together to form a smooth crust. Using the tines of a fork, prick the dough all over.
- ☐ Bake the crust until the edge is browned and the center of the crust is pale golden, about 25 minutes.
- ☐ Transfer the crust to a work surface.
- ☐ Brush the bottom and sides of the crust with apricot preserves.
- ☐ For the filling: In a food processor, combine the pumpkin and persimmon. Blend until smooth.
- ☐ Add the sugar, mascarpone, cream, cornstarch, cinnamon, salt and eggs. Blend until smooth.
- ☐ Pour the filling into the cooked crust.

- ☐
- Bake the pie until slits or cracks appear around the edge and the center is set, about 35 minutes. Cool the pie on a rack. (Can be made 1 day ahead.
- ☐
- Bake and cool to room temperature. Cover loosely with plastic wrap and refrigerate.)
- ☐
- Just before serving, dust the top of the pie with powdered sugar.
- ☐
- Cut into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:25.01, Glycemic Load:27.35, Inflammation Score:-10, Nutrition Score:13.585652133693%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 472.77kcal (23.64%), Fat: 24.73g (38.04%), Saturated Fat: 14.63g (91.44%), Carbohydrates: 57.66g (19.22%), Net Carbohydrates: 56.05g (20.38%), Sugar: 23.44g (26.05%), Cholesterol: 149.71mg (49.9%), Sodium: 125.42mg (5.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.96%), Vitamin A: 5622.48IU (112.45%), Vitamin C: 29.86mg (36.2%), Selenium: 15.56µg (22.22%), Iron: 2.97mg (16.48%), Vitamin B2: 0.26mg (15.42%), Folate: 54.44µg (13.61%), Vitamin B1: 0.18mg (12.24%), Manganese: 0.24mg (12.13%), Phosphorus: 103.37mg (10.34%), Potassium: 269.9mg (7.71%), Calcium: 71.29mg (7.13%), Vitamin B3: 1.38mg (6.89%), Vitamin E: 1.03mg (6.88%), Fiber: 1.61g (6.43%), Vitamin B5: 0.64mg (6.4%), Vitamin K: 6.43µg (6.12%), Vitamin D: 0.87µg (5.81%), Copper: 0.09mg (4.6%), Vitamin B12: 0.26µg (4.37%), Magnesium: 15.99mg (4%), Zinc: 0.57mg (3.78%), Vitamin B6: 0.07mg (3.71%)