



Persimmon Wedges with Toasted Hazelnuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



203 kcal

SIDE DISH

Ingredients



2 large fuyu persimmons



8 servings hazelnut oil



1.5 cups warm hazelnuts

Equipment

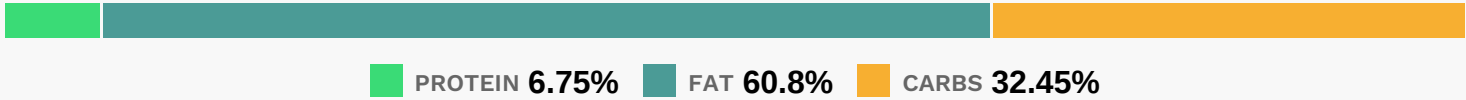


bowl

Directions

- ☐ Cut persimmons into 1/2-inch-thick wedges. Arrange on plate.
- ☐ Drizzle with hazelnut oil.
- ☐ Place hazelnuts in bowl.
- ☐ Serve persimmons with hazelnuts.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:7.27, Inflammation Score:-3, Nutrition Score:10.187391347211%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg

Nutrients (% of daily need)

Calories: 203.48kcal (10.17%), Fat: 14.85g (22.84%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 17.83g (5.94%), Net Carbohydrates: 15.65g (5.69%), Sugar: 0.98g (1.08%), Cholesterol: 0mg (0%), Sodium: 0.42mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.42%), Manganese: 1.39mg (69.47%), Vitamin C: 29.14mg (35.32%), Vitamin E: 3.85mg (25.65%), Copper: 0.39mg (19.35%), Iron: 2.11mg (11.71%), Vitamin B1: 0.14mg (9.64%), Magnesium: 36.67mg (9.17%), Fiber: 2.18g (8.73%), Potassium: 283.2mg (8.09%), Phosphorus: 76.17mg (7.62%), Folate: 25.42µg (6.36%), Vitamin B6: 0.13mg (6.33%), Calcium: 36.99mg (3.7%), Zinc: 0.55mg (3.67%), Vitamin K: 3.19µg (3.04%), Vitamin B5: 0.21mg (2.07%), Vitamin B3: 0.41mg (2.03%), Vitamin B2: 0.03mg (1.5%)