

Spiced Persimmon Butter

 Vegetarian  Gluten Free

READY IN



640 min.

SERVINGS



40

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup agave nectar
- 20 fuyu persimmon pulp ripe peeled coarsely chopped
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 4 half and half with lids and rings
- 1 juice of lemon juiced

Equipment

- paper towels

- knife
- blender
- potato masher
- kitchen towels
- spatula
- slow cooker
- immersion blender

Directions

- Place persimmons into a slow cooker; amount should fill a 3-quart cooker nearly to the top.
- Drizzle the lemon juice over the persimmons, cover the cooker, and cook on High for about 2 hours. Mash the persimmons in the cooker with a potato masher. Stir in the cinnamon, cloves, and agave syrup, set the cooker to Low, and cook uncovered 8 hours or overnight. Stir several times if possible, to prevent burning during the long cooking period.
- In the morning, transfer the persimmon mixture to a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the persimmon butter moving before leaving it on to puree. Puree in batches until smooth. If you have an immersion blender, you can puree the persimmon butter right in the cooker if desired.
- Sterilize the jars and lids in boiling water for at least 5 minutes. Pack the persimmon butter into the hot, sterilized jars, filling the jars to within 1/4 inch of the top. Run a knife or a thin spatula around the insides of the jars after they have been filled to remove any air bubbles. Wipe the rims of the jars with a moist paper towel to remove any food residue. Top with lids, and screw on rings. Allow the jars to cool to room temperature, then refrigerate the jars; persimmon butter will keep for several weeks.

Nutrition Facts



Properties

Glycemic Index:1.75, Glycemic Load:14.23, Inflammation Score:-2, Nutrition Score:4.0773911455889%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 111.4kcal (5.57%), Fat: 0.36g (0.55%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 29.3g (9.77%), Net Carbohydrates: 29.26g (10.64%), Sugar: 0.96g (1.07%), Cholesterol: 0.04mg (0.01%), Sodium: 1mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Vitamin C: 55.97mg (67.84%), Iron: 2.11mg (11.71%), Potassium: 261.7mg (7.48%), Calcium: 23.43mg (2.34%), Phosphorus: 22.05mg (2.21%)