



Sweet Persimmon and Toasted Walnut Bread

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



151 kcal

BREAD

Ingredients

- 2 teaspoons baking soda
- 0.3 cup butter melted
- 2 large eggs
- 13.5 ounces flour all-purpose
- 0.3 cup golden raisins
- 0.5 cup milk 1% low-fat
- 1 cup persimmon ripe
- 0.5 teaspoon salt

- 1 cup sugar
- 1 teaspoon vanilla extract
- 0.3 cup walnut pieces toasted chopped

Equipment

- bowl
- oven
- knife
- whisk
- wire rack
- blender
- loaf pan
- measuring cup

Directions

- Preheat oven to 350
- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, baking soda, and salt in a large bowl; stir with a whisk.
- Combine sugar and next 5 ingredients (through eggs) in a medium bowl; beat with a mixer at medium speed until blended.
- Add persimmon mixture to flour mixture, stirring just until blended. Stir in walnuts and golden raisins. Spoon batter into 2 (8 x 4-inch) loaf pans coated with cooking spray.
- Bake at 350 for 45 minutes or until a wooden pick inserted in the center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans. Cool the loaves completely on wire rack.
- To speed the ripening process, freeze the fruit overnight or until solid. Thaw the persimmon; when soft, it will be sweeter and less astringent.
- Cut the ripe fruit in half. Scoop the pulp out with a spoon.
- To achieve an even consistency, place the flesh in a mini-chopper and process until smooth. This ensures the persimmon puree will incorporate evenly into batters.

Nutrition Facts

PROTEIN 7.2% FAT 25.2% CARBS 67.6%

Properties

Glycemic Index:13.41, Glycemic Load:17.16, Inflammation Score:-2, Nutrition Score:3.8386956349663%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 150.52kcal (7.53%), Fat: 4.29g (6.6%), Saturated Fat: 1.91g (11.91%), Carbohydrates: 25.9g (8.63%), Net Carbohydrates: 25.28g (9.19%), Sugar: 9.88g (10.97%), Cholesterol: 22.52mg (7.51%), Sodium: 168.54mg (7.33%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 2.76g (5.52%), Selenium: 6.96µg (9.95%), Vitamin B1: 0.14mg (9.04%), Manganese: 0.17mg (8.63%), Folate: 32.99µg (8.25%), Vitamin C: 6.59mg (7.99%), Vitamin B2: 0.11mg (6.69%), Iron: 1.15mg (6.38%), Vitamin B3: 0.99mg (4.97%), Phosphorus: 41.8mg (4.18%), Copper: 0.06mg (3%), Fiber: 0.62g (2.48%), Potassium: 84.56mg (2.42%), Vitamin A: 111.25IU (2.22%), Magnesium: 7.95mg (1.99%), Calcium: 17.13mg (1.71%), Vitamin B5: 0.17mg (1.67%), Zinc: 0.25mg (1.65%), Vitamin B6: 0.03mg (1.62%), Vitamin B12: 0.07µg (1.21%)