



Traditional Indiana Persimmon Pudding

 Vegetarian

READY IN



130 min.

SERVINGS



15

CALORIES



259 kcal

DESSERT

Ingredients

- 2 teaspoons baking soda
- 1 tablespoon butter
- 2 eggs
- 4 cups flour all-purpose
- 6 cups milk
- 2 cups persimmon pulp
- 1 cup sugar white

Equipment

- bowl
- oven
- whisk
- casserole dish

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- In a large bowl, stir together the persimmon pulp and eggs using a whisk. Stir in sugar.
- Combine the flour and baking soda; stir into the persimmon alternating with milk until smooth.
- Pour into a large greased crock or casserole dish. Drop dabs of butter on top.
- Bake for 2 hours in the preheated oven, stirring every 15 minutes. Pudding will be dark brown when finished.
- Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:15.54, Glycemic Load:29.44, Inflammation Score:-4, Nutrition Score:9.0399999177974%

Nutrients (% of daily need)

Calories: 258.83kcal (12.94%), Fat: 5.09g (7.83%), Saturated Fat: 2.56g (16.01%), Carbohydrates: 45.36g (15.12%), Net Carbohydrates: 44.46g (16.17%), Sugar: 18.11g (20.13%), Cholesterol: 35.54mg (11.85%), Sodium: 199.6mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.83%), Selenium: 16.77µg (23.96%), Vitamin B1: 0.32mg (21.46%), Vitamin B2: 0.33mg (19.55%), Folate: 68.01µg (17%), Phosphorus: 156.18mg (15.62%), Manganese: 0.3mg (14.96%), Calcium: 141.7mg (14.17%), Vitamin B3: 2.09mg (10.46%), Iron: 1.87mg (10.38%), Vitamin B12: 0.58µg (9.68%), Vitamin D: 1.19µg (7.94%), Potassium: 225.3mg (6.44%), Vitamin B5: 0.62mg (6.15%), Magnesium: 24mg (6%), Zinc: 0.8mg (5.35%), Vitamin B6: 0.1mg (5.15%), Copper: 0.09mg (4.33%), Vitamin A: 213.12IU (4.26%), Fiber: 0.9g (3.6%), Vitamin E: 0.15mg (1.01%)