

Persimmon Pecan Pie

*Spring Mill Inn - Mitchell, IN
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 6

*3 eggs, slightly beaten
1 cup persimmon pulp
1 cup sugar
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1/2 cup dark corn syrup
1 teaspoon vanilla extract
1 nine-inch unbaked pie shell
1 cup chopped pecans
whipped cream (for garnish)*

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Preheat the oven to 350 degrees.

In a small mixing bowl, combine the eggs, persimmon pulp, sugar, cinnamon, salt, corn syrup and vanilla. Mix well.

Pour into the unbaked pie shell. Top with the pecans.

Bake for about 40 minutes or until a knife inserted into the center comes out clean.

Chill. Serve with whipped cream.

Per Serving (excluding unknown items): 378 Calories; 16g Fat (36.2% calories from fat); 5g Protein; 58g Carbohydrate; 2g Dietary Fiber; 106mg Cholesterol; 167mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 3 Fat; 3 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	378
% Calories from Fat:	36.2%
% Calories from Carbohydrates:	59.1%
% Calories from Protein:	4.7%
Total Fat (g):	16g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	106mg
Carbohydrate (g):	58g
	2g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	20mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	2
% Daily Value*	on on%

Food Exchanges

0
1

Dietary Fiber (g):
 Protein (g): 5g
 Sodium (mg): 167mg
 Potassium (mg): 125mg
 Calcium (mg): 28mg
 Iron (mg): 1mg
 Zinc (mg): 1mg
 Vitamin C (mg): trace
 Vitamin A (i.u.): 148IU
 Vitamin A (r.e.): 37 1/2RE

Grain (Starch):
 Lean Meat: 1/2
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 3
 Other Carbohydrates: 3 1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 378 **Calories from Fat:** 137

% Daily Values*

Total Fat	16g	24%
Saturated Fat	2g	9%
Cholesterol	106mg	35%
Sodium	167mg	7%
Total Carbohydrates	58g	19%
Dietary Fiber	2g	6%
Protein	5g	

Vitamin A	3%
Vitamin C	1%
Calcium	3%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.