

# Whole Wheat Persimmon Bread

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-persimmon-bread-recipe>

## Ingredients:

- 1 cup dried mixed fruit chopped, or raisins
- 1/3 cup brandy
- 1 3/4 cups whole wheat pastry flour
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg use freshly ground nutmeg, if possible
- 1 1/4 cups sugar
- 1/2 cup melted butter
- 2 eggs lightly beaten
- 1 cup persimmon puree, from approximately 2 very ripe Hachiya persimmons
- 1 cup chopped walnuts or pecans

## Nutrition:

1. Calories: 1110 calories
2. Carbohydrate: 154 grams
3. Cholesterol: 165 milligrams
4. Fat: 46 grams
5. Fiber: 6 grams
6. Protein: 15 grams
7. SaturatedFat: 17 grams
8. Sodium: 820 milligrams
9. Sugar: 97 grams

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