



Apple and Pumpkin Dessert



Gluten Free



Dairy Free

READY IN



9 min.

SERVINGS



1

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup pumpkin canned
- ☐ 1 apples i use 2 granny smith apples cored peeled chopped
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 2 gram sugar substitute
- ☐ 2 tablespoons water

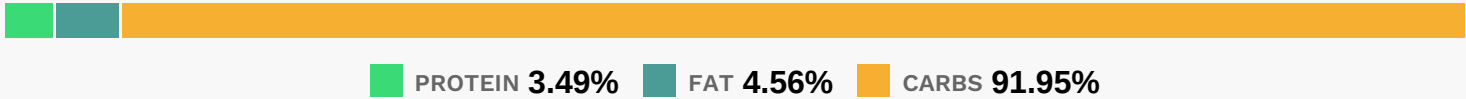
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Sprinkle 1/3 packet of sugar substitute and 1/3 teaspoon pumpkin pie spice in the bottom of a microwave-safe bowl.
- ☐ Layer 1/4 of the apple pieces into the bowl; repeat.
- ☐ Spread the pumpkin over the apples.
- ☐ Sprinkle the remaining sugar substitute and pumpkin pie spice on the pumpkin. Top with the remaining apples.
- ☐ Pour the water over the mixture.
- ☐ Cook in microwave on high for 3 1/2 minutes, stirring every minute.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:7.55, Inflammation Score:-10, Nutrition Score:10.783043483029%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 129.02kcal (6.45%), Fat: 0.73g (1.13%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 33.28g (11.09%), Net Carbohydrates: 26.84g (9.76%), Sugar: 22.71g (25.23%), Cholesterol: 0mg (0%), Sodium: 7.42mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin A: 9635.84IU (192.72%), Fiber: 6.44g (25.76%), Manganese: 0.47mg (23.59%), Vitamin C: 11.41mg (13.83%), Vitamin K: 14.37µg (13.69%), Potassium: 334.26mg (9.55%), Iron: 1.46mg (8.13%), Vitamin E: 1.02mg (6.77%), Magnesium: 26.21mg (6.55%), Copper: 0.13mg (6.46%), Vitamin B6: 0.12mg (5.85%), Vitamin B2: 0.08mg (4.89%), Phosphorus: 43.82mg (4.38%), Calcium: 41.38mg (4.14%), Vitamin B5: 0.36mg (3.56%), Folate: 13.29µg (3.32%), Vitamin B1: 0.05mg (3.22%), Vitamin B3: 0.44mg (2.18%), Zinc:

0.23mg (1.52%)