



Baked Miniature Pumpkins



Vegetarian



Gluten Free



Low Fod Map

READY IN



75 min.

SERVINGS



6

CALORIES



37 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 3 teaspoons butter
- ☐ 6 small sugar pumpkins miniature
- ☐ 1 cup water or as needed

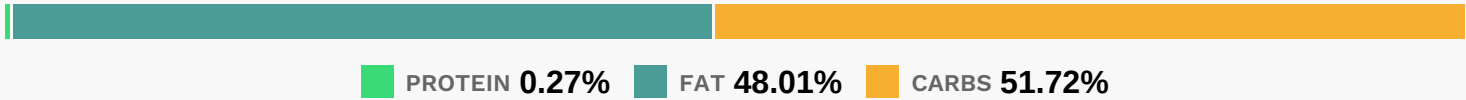
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cut off the top of each pumpkin, reserving the tops, and scrape out all of the seeds.
- ☐ Place 1/2 teaspoon butter and 1 teaspoon of brown sugar inside each pumpkin.
- ☐ Sprinkle ground cinnamon on the butter and brown sugar mixture.
- ☐ Put the pumpkin "lids" back on and arrange pumpkins in a baking dish with a little water in the bottom.
- ☐ Bake at 350 degrees F (175 degrees C) until tender, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:20.02, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:0.17391304210152%

Nutrients (% of daily need)

Calories: 36.97kcal (1.85%), Fat: 2.03g (3.12%), Saturated Fat: 1.28g (8.03%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 4.92g (1.79%), Sugar: 4.88g (5.42%), Cholesterol: 5.38mg (1.79%), Sodium: 19.18mg (0.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.05%), Vitamin A: 62.47IU (1.25%)