



Best Pumpkin Dip

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup brown sugar
- 15 ounce pumpkin puree canned
- 4 ounce cream cheese softened
- 0.3 cup marshmallows miniature
- 0.3 cup pecans chopped
- 2 teaspoons pumpkin pie spice

Equipment

- bowl

frying pan

oven

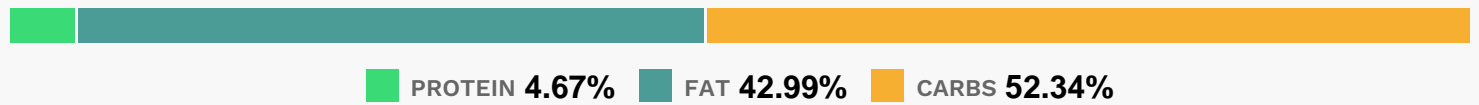
Directions

Preheat oven to 350 degrees F (175 degrees C).

Beat pumpkin, cream cheese, brown sugar, and pumpkin pie spice together in a bowl until creamy; pour into a 9x9-inch square pan; top with pecans and marshmallows.

Bake in the preheated oven until bubbling, about 12 minutes.

Nutrition Facts



Properties

Glycemic Index:12.19, Glycemic Load:0.99, Inflammation Score:-10, Nutrition Score:8.3300000325493%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 150.15kcal (7.51%), Fat: 7.54g (11.61%), Saturated Fat: 3.18g (19.91%), Carbohydrates: 20.66g (6.89%), Net Carbohydrates: 18.72g (6.81%), Sugar: 16.7g (18.55%), Cholesterol: 14.32mg (4.77%), Sodium: 52.53mg (2.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin A: 8466.15IU (169.32%), Manganese: 0.32mg (16.11%), Vitamin K: 9.06µg (8.63%), Fiber: 1.94g (7.78%), Iron: 1.04mg (5.78%), Copper: 0.11mg (5.54%), Vitamin E: 0.74mg (4.95%), Magnesium: 19.57mg (4.89%), Potassium: 163.86mg (4.68%), Calcium: 44.82mg (4.48%), Phosphorus: 44.47mg (4.45%), Vitamin B2: 0.07mg (3.91%), Vitamin B5: 0.34mg (3.41%), Vitamin C: 2.39mg (2.89%), Vitamin B6: 0.05mg (2.63%), Vitamin B1: 0.04mg (2.61%), Selenium: 1.8µg (2.57%), Zinc: 0.33mg (2.21%), Folate: 8.68µg (2.17%), Vitamin B3: 0.28mg (1.38%)