



Creamy Pumpkin Mole

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 ancho pepper
- 1 Tbsp brown sugar
- 0.5 cup pumpkin canned
- 0.5 cup chicken broth
- 2 oz philadelphia cream cheese softened ()
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 0.3 tsp salt
- 0.3 cup tomatoes chopped

1 cup water boiling

Equipment

sauce pan

blender

Directions

Heat small saucepan on medium heat.

Add ancho pepper; cook 2 min. on each side or until color changes.

Remove from heat; let cool. Shake out seeds.

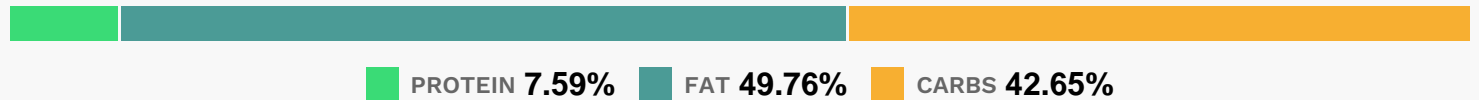
Place pepper in boiling water.

Let stand 20 min. or until pepper hydrates and softens; drain.

Place pepper and remaining ingredients in blender container; cover. Blend until smooth.

Pour into small saucepan. Cook on low heat, stirring constantly, until mixture comes to soft boil. Spoon over cooked meat or rice or in tamales.

Nutrition Facts



Properties

Glycemic Index:1.63, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:1.14608695633339%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 12.09kcal (0.6%), Fat: 0.71g (1.09%), Saturated Fat: 0.32g (2%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 1.02g (0.37%), Sugar: 0.92g (1.02%), Cholesterol: 1.49mg (0.5%), Sodium: 38.56mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.49%), Vitamin A: 735.5IU (14.71%), Vitamin K: 1.95µg (1.86%), Fiber: 0.35g (1.4%), Vitamin B2: 0.02mg (1.02%)