



Lightened Up Raw Pecan Pumpkin Butter



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



5 min.

SERVINGS



3

CALORIES



373 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup vanilla almond milk
- ☐ 2 tablespoons chia seeds
- ☐ 1.5 teaspoons cinnamon
- ☐ 1 tablespoon coconut oil
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 tbsp maple syrup to taste
- ☐ 1 cup pecans raw

- ☐ 0.8 cup pumpkin pureed canned
- ☐ 2 teaspoons vanilla extract pure

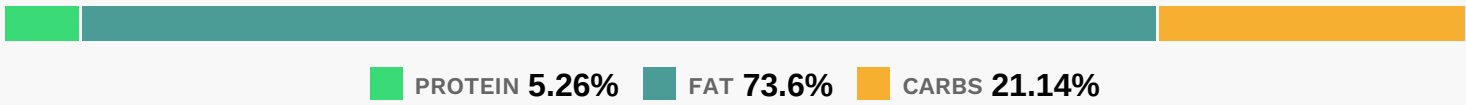
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Place pecans in a bowl and cover with water by a couple inches.
- ☐ Let pecans soak for a few hours.
- ☐ Drain and rinse the pecans well and then place in the blender.
- ☐ Add the rest of the ingredients into the blender and blend on highest speed until the dip is smooth.
- ☐ Add sweetener to taste.
- ☐ Serve with apple or pear slices. Store leftover dip in an air-tight jar or container in the fridge for 1-2 weeks.

Nutrition Facts



Properties

Glycemic Index:71.83, Glycemic Load:4.73, Inflammation Score:-9, Nutrition Score:15.944347796233%

Flavonoids

Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg Delphinidin: 2.4mg, Delphinidin: 2.4mg, Delphinidin: 2.4mg, Delphinidin: 2.4mg Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg

Nutrients (% of daily need)

Calories: 373.13kcal (18.66%), Fat: 31.96g (49.17%), Saturated Fat: 6.23g (38.92%), Carbohydrates: 20.66g (6.89%), Net Carbohydrates: 13.73g (4.99%), Sugar: 10.6g (11.78%), Cholesterol: 0mg (0%), Sodium: 111.56mg (4.85%),

Alcohol: 0.92g (100%), Alcohol %: 0.66% (100%), Protein: 5.14g (10.27%), Manganese: 2.34mg (117.12%), Vitamin A: 2494.79IU (49.9%), Fiber: 6.93g (27.71%), Copper: 0.52mg (25.77%), Calcium: 205.25mg (20.52%), Vitamin B1: 0.29mg (19.46%), Magnesium: 74.95mg (18.74%), Phosphorus: 174.68mg (17.47%), Vitamin B2: 0.26mg (15.37%), Zinc: 2.09mg (13.9%), Iron: 1.86mg (10.33%), Potassium: 309.7mg (8.85%), Selenium: 5.98µg (8.54%), Vitamin B3: 1.34mg (6.68%), Vitamin E: 0.84mg (5.58%), Vitamin B6: 0.09mg (4.58%), Folate: 16.05µg (4.01%), Vitamin C: 3.15mg (3.81%), Vitamin B5: 0.38mg (3.77%), Vitamin K: 1.82µg (1.73%)