



Pumpkin-Apple Butter

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



24

CALORIES



40 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup agave nectar (or other liquid sweetener such as maple syrup)
- 0.8 cup apple juice
- 0.5 cup apple sauce
- 1.5 tsp cinnamon
- 0.5 cup golden raisins
- 0.3 tsp ground cloves
- 0.5 tsp ground ginger
- 0.8 tsp nutmeg

- 2 cups winter squash pureed
- 0.3 cup sugar to taste (or other sweetener)

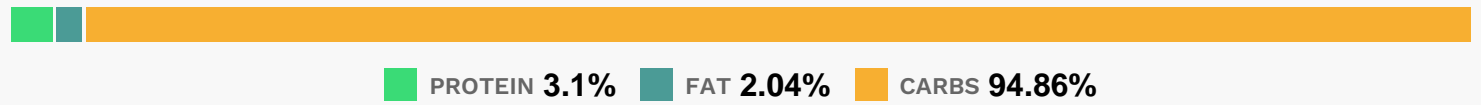
Equipment

- frying pan
- sauce pan
- immersion blender

Directions

- Put the raisins in a medium-sized saucepan, and pour the apple juice over them.
- Heat on low until raisins plump up, adding water if they get dry. When they are plump, puree the raisins in the juice. (You may need to add a little water to do this; I used a hand blender and blended the pumpkin along with the raisins.) Return the pureed raisins to the pan and add all remaining ingredients. Cook over low heat, stirring occasionally, for about an hour. Makes about 3 cups.

Nutrition Facts



Properties

Glycemic Index:10.73, Glycemic Load:3.38, Inflammation Score:-8, Nutrition Score:3.4586956254814%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 39.77kcal (1.99%), Fat: 0.1g (0.15%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 9.48g (3.45%), Sugar: 7.11g (7.9%), Cholesterol: 0mg (0%), Sodium: 1.77mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%), Vitamin A: 2097.92IU (41.96%), Vitamin C: 4.76mg (5.76%), Manganese: 0.11mg (5.62%), Potassium: 105.32mg (3.01%), Fiber: 0.7g (2.82%), Vitamin B6: 0.05mg (2.45%), Magnesium: 8.68mg (2.17%), Vitamin E: 0.32mg (2.16%), Vitamin B1: 0.03mg (1.74%), Folate: 6.33µg (1.58%), Vitamin B3: 0.3mg (1.52%), Copper: 0.03mg (1.47%), Calcium: 13.87mg (1.39%), Iron: 0.24mg (1.34%), Phosphorus: 11.14mg (1.11%)