



Pumpkin Butter



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



48

CALORIES



52 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 cups brown sugar packed
- ☐ 3 cups pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla

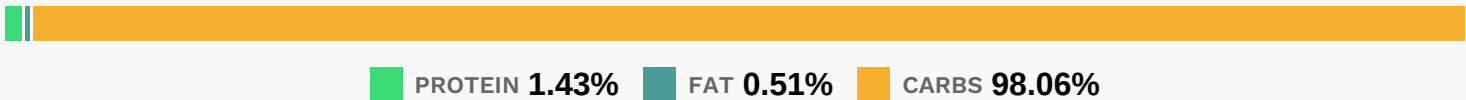
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In 4-quart saucepan, mix pumpkin, brown sugar, granulated sugar and lemon juice.
- ☐ Heat to simmering over medium-low heat, stirring occasionally to keep mixture from sticking to bottom of pan. Simmer uncovered 30 minutes, stirring often, until mixture coats back of spoon.
- ☐ Remove from heat; stir in vanilla, cinnamon, allspice and salt. Cool completely.
- ☐ Pour into storage containers; cover tightly. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:1.46, Inflammation Score:-7, Nutrition Score:2.2482608707379%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

Nutrients (% of daily need)

Calories: 52.08kcal (2.6%), Fat: 0.03g (0.05%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 13.33g (4.44%), Net Carbohydrates: 11.91g (4.33%), Sugar: 8.77g (9.74%), Cholesterol: 0mg (0%), Sodium: 43.12mg (1.87%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Protein: 0.19g (0.39%), Vitamin A: 1400.42IU (28.01%), Fiber: 1.41g (5.66%), Manganese: 0.08mg (3.82%), Vitamin B5: 0.2mg (2.01%), Folate: 6.04µg (1.51%), Vitamin B6: 0.03mg (1.49%), Iron: 0.23mg (1.29%), Calcium: 12.28mg (1.23%), Vitamin B2: 0.02mg (1.2%)