



Pumpkin Butter

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



590 min.

SERVINGS



80

CALORIES



18 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 teaspoon ground allspice
- 2 tablespoons ground cinnamon
- 1 tablespoon ground cloves
- 5 pound pumpkin fresh peeled seeded cut into 2-inch cubes
- 1 cup granulated sugar white

Equipment

- bowl
- slow cooker

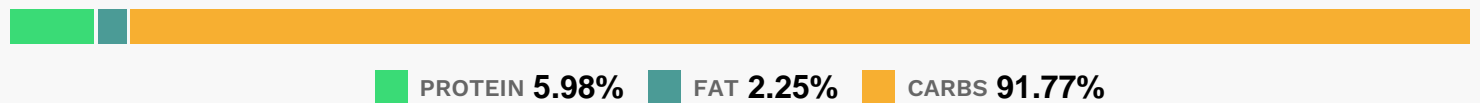
immersion blender

Directions

Combine the sugar, cinnamon, cloves, and allspice in a bowl.

Place about 1/4 of the pumpkin into the bottom of a slow cooker, and sprinkle with 1/4 of the sugar mixture; repeat layers 3 more times. Cover the slow cooker, set it on Low, then cook for 8 hours or overnight. Stir once or twice during cooking. When the pumpkin is a dark, golden color, place an immersion blender into the slow cooker, and blend the pumpkin butter until smooth.

Nutrition Facts



Properties

Glycemic Index:2.03, Glycemic Load:2.97, Inflammation Score:-8, Nutrition Score:3.3639129866724%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg

Nutrients (% of daily need)

Calories: 17.73kcal (0.89%), Fat: 0.05g (0.08%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 4.28g (1.55%), Sugar: 3.28g (3.65%), Cholesterol: 0mg (0%), Sodium: 0.55mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.59%), Vitamin A: 2414.17IU (48.28%), Manganese: 0.12mg (5.8%), Vitamin C: 2.56mg (3.11%), Potassium: 98.2mg (2.81%), Vitamin E: 0.31mg (2.08%), Vitamin B2: 0.03mg (1.88%), Copper: 0.04mg (1.86%), Iron: 0.25mg (1.41%), Phosphorus: 12.69mg (1.27%), Folate: 4.57µg (1.14%), Fiber: 0.28g (1.1%)