

Pumpkin Butter

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



37 min.

SERVINGS



20

CALORIES



66 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 teaspoon allspice
- 1 cup apple juice
- 1 cup brown sugar packed
- 29 ounce pumpkin puree canned (3.5 cups)
- 1 tablespoon ground cinnamon
- 1 pinch ground cloves
- 2 teaspoons ground ginger
- 0.5 teaspoon nutmeg

- 0.5 juice of lemon
- 1 tablespoon irish whiskey

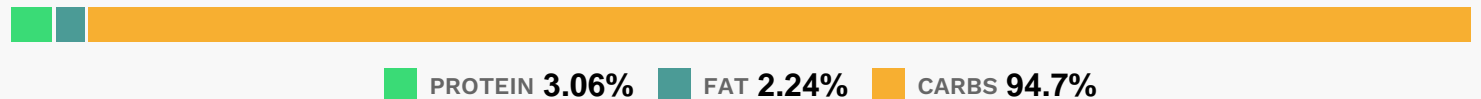
Equipment

- sauce pan

Directions

- Combine all ingredient, except for lemon juice, in a large saucepan. Bring mixture to a boil. Reduce heat to low and simmer for 30 mins, stirring occasionally.
- Remove from heat, stir in lemon juice and let cool.
- Pour into airtight jar(s) and store in refrigerator for up to for two to three weeks and can be frozen for up to a year before use.

Nutrition Facts



Properties

Glycemic Index:7.29, Glycemic Load:0.58, Inflammation Score:-10, Nutrition Score:6.7704347786696%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 65.59kcal (3.28%), Fat: 0.17g (0.26%), Saturated Fat: 0.08g (0.53%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 14.62g (5.32%), Sugar: 13.27g (14.74%), Cholesterol: 0mg (0%), Sodium: 5.79mg (0.25%), Alcohol: 0.27g (100%), Alcohol %: 0.51% (100%), Protein: 0.52g (1.04%), Vitamin A: 6399.19IU (127.98%), Manganese: 0.22mg (11%), Vitamin K: 6.71µg (6.39%), Fiber: 1.48g (5.93%), Iron: 0.74mg (4.13%), Potassium: 117.73mg (3.36%), Vitamin E: 0.45mg (2.99%), Magnesium: 11.95mg (2.99%), Copper: 0.05mg (2.7%), Vitamin C: 2.17mg (2.63%), Calcium: 25.54mg (2.55%), Vitamin B5: 0.19mg (1.88%), Phosphorus: 16.54mg (1.65%), Vitamin B6: 0.03mg (1.61%), Vitamin B2: 0.03mg (1.47%), Folate: 5.3µg (1.33%)