



## Pumpkin Butter III

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



2

CALORIES



588 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.8 cup apple juice
- 1 cup apple sauce
- 0.5 cup brown sugar
- 0.5 cup brown sugar
- 1 teaspoon pumpkin pie spice
- 1.8 cups pumpkin puree

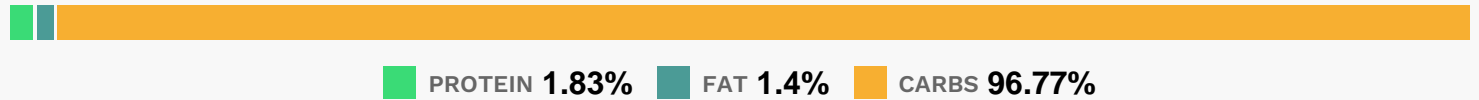
### Equipment

- sauce pan

## Directions

- In a medium saucepan over medium heat, mix solid pack pumpkin puree, applesauce, apple juice, brown sugar and pumpkin pie spice. Bring mixture to a boil. Reduce heat, and simmer approximately 1 1/2 hours.
- Transfer to sterile containers and chill in the refrigerator until serving.

## Nutrition Facts



## Properties

Glycemic Index:20.38, Glycemic Load:4.21, Inflammation Score:-10, Nutrition Score:17.085217361865%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 2mg, Catechin: 2mg, Catechin: 2mg, Catechin: 2mg Epicatechin: 10.98mg, Epicatechin: 10.98mg, Epicatechin: 10.98mg, Epicatechin: 10.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

## Nutrients (% of daily need)

Calories: 588.33kcal (29.42%), Fat: 0.97g (1.49%), Saturated Fat: 0.41g (2.55%), Carbohydrates: 150.24g (50.08%), Net Carbohydrates: 142.35g (51.76%), Sugar: 134.25g (149.17%), Cholesterol: 0mg (0%), Sodium: 48.2mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin A: 33402.1IU (668.04%), Vitamin K: 35.19µg (33.52%), Manganese: 0.65mg (32.38%), Fiber: 7.89g (31.57%), Iron: 4.35mg (24.17%), Potassium: 778.75mg (22.25%), Magnesium: 68.88mg (17.22%), Vitamin E: 2.5mg (16.64%), Calcium: 166.18mg (16.62%), Copper: 0.33mg (16.5%), Vitamin C: 11.29mg (13.69%), Vitamin B5: 1.1mg (10.98%), Vitamin B6: 0.22mg (10.94%), Vitamin B2: 0.17mg (9.97%), Phosphorus: 93.22mg (9.32%), Folate: 30.73µg (7.68%), Vitamin B1: 0.1mg (6.93%), Vitamin B3: 1.1mg (5.5%), Selenium: 2.73µg (3.9%), Zinc: 0.48mg (3.18%)