



Pumpkin Butter (Vegan, Gluten-Free, Nut-Free, Soy-Free)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



43 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 Teaspoon all spice
- ☐ 1 Teaspoon cinnamon
- ☐ 0.3 Teaspoon ground cloves
- ☐ 0.3 cup maple syrup
- ☐ 1 Dash nutmeg
- ☐ 15 oz pumpkin

Equipment

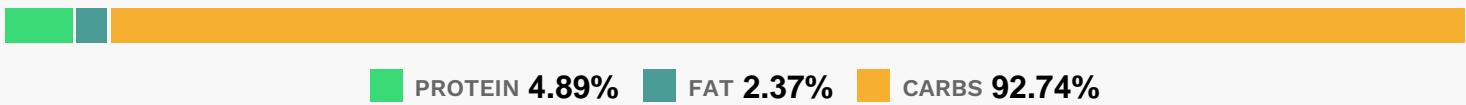
- ☐ frying pan
- ☐ sauce pan

Directions

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In a small saucepan over medium-low heat, mix together the pumpkin mush and maple syrup until they're both fully combined. If you prefer your spread to be sweeter, don't be shy and feel free to add in as much syrup as it takes to satisfy that sweet tooth. Have fun with it – It's pretty hard to screw this recipe up. Continue to stir the pumpkin slowly for about 10 – 15 minutes, or until the mixture had thickened to a desirable consistency. The stirring is important though, so DON'T walk away! If you do, your pumpkin may scorch and get burnt onto the bottom of the pan, and that wouldn't be so tasty. The black bits really don't look to attractive, either. Anyway, once you've determined that it's nice and thick, take your pan off the heat and you can go ahead and mix in all your spices. I also add in just a pinch of salt, because I believe that it helps to round out all the flavors and make them a bit brighter, but you don't need to by all means. Enjoy!

Nutrition Facts



Properties

Glycemic Index:24.81, Glycemic Load:4.81, Inflammation Score:-10, Nutrition Score:7.1243478163429%

Flavonoids

Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg

Nutrients (% of daily need)

Calories: 42.76kcal (2.14%), Fat: 0.12g (0.19%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 10.16g (3.69%), Sugar: 7.54g (8.38%), Cholesterol: 0mg (0%), Sodium: 1.75mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.12%), Vitamin A: 4526.76IU (90.54%), Manganese: 0.39mg (19.32%), Vitamin B2: 0.19mg (10.98%), Potassium: 206.83mg (5.91%), Vitamin C: 4.85mg (5.87%), Vitamin E: 0.57mg (3.83%), Copper: 0.07mg (3.53%), Iron: 0.48mg (2.65%), Calcium: 26.09mg (2.61%), Phosphorus: 24.02mg (2.4%), Magnesium: 9.2mg (2.3%), Vitamin B1: 0.03mg (2.26%), Folate: 8.68µg (2.17%), Fiber: 0.47g (1.89%), Vitamin B3: 0.34mg (1.68%), Vitamin B6: 0.03mg (1.68%), Zinc: 0.25mg (1.67%), Vitamin B5: 0.16mg (1.6%)