



Pumpkin Cooler

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



33 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon ground thyme dried
- 1.5 teaspoons kosher salt
- 1 tablespoon olive oil
- 1 large wide pumpkin

Equipment

- baking sheet
- paper towels
- oven

- ziploc bags
- serrated knife

Directions

- Cut top from a large, wide pumpkin using a serrated knife. Scoop out seeds and pulp. Line bottom and sides with a 2-gal. zip-top plastic bag. Fill bag with ice and assorted beverages.
- *One large pumpkin yields about 1 cup of seeds, but don't throw them out. Season them instead. Rinse 1 cup fresh pumpkin seeds; pat dry with paper towels. Toss seeds with 1 Tbsp. olive oil, 1 Tbsp. dried ground thyme, and 1 1/2 tsp. kosher salt; place in a single layer on a lightly greased baking sheet.
- Bake at 350 for 20 to 25 minutes or until toasted.
- Serve on top of a salad, or just enjoy them as a yummy snack. Makes 1 cup. Prep: 10 min.,
- Bake: 25 min.

Nutrition Facts



Properties

Glycemic Index:4.8, Glycemic Load:3.92, Inflammation Score:-10, Nutrition Score:8.0830434781054%

Flavonoids

Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg

Nutrients (% of daily need)

Calories: 32.56kcal (1.63%), Fat: 1.04g (1.61%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 6.06g (2.02%), Net Carbohydrates: 5.51g (2%), Sugar: 2.51g (2.79%), Cholesterol: 0mg (0%), Sodium: 233.62mg (10.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Vitamin A: 7728.59IU (154.57%), Vitamin C: 8.29mg (10.05%), Potassium: 310.49mg (8.87%), Vitamin E: 1.12mg (7.44%), Manganese: 0.13mg (6.75%), Vitamin B2: 0.1mg (5.93%), Iron: 1.06mg (5.9%), Copper: 0.12mg (5.88%), Vitamin K: 6.13µg (5.84%), Phosphorus: 40.43mg (4.04%), Folate: 15.24µg (3.81%), Vitamin B1: 0.05mg (3.11%), Magnesium: 11.47mg (2.87%), Vitamin B6: 0.06mg (2.84%), Vitamin B3: 0.56mg (2.79%), Vitamin B5: 0.27mg (2.7%), Calcium: 24.23mg (2.42%), Fiber: 0.55g (2.21%), Zinc: 0.31mg (2.05%)