



Pumpkin Dip



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup pumpkin puree canned
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon maple syrup

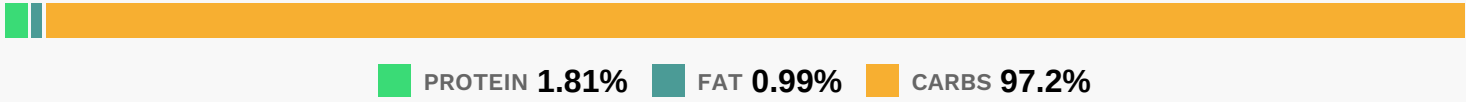
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine first 3 ingredients in a medium bowl; beat with a mixer at medium speed until well combined.
- ☐ Add syrup and cinnamon, and beat until smooth. Cover and chill 30 minutes before serving.
- ☐ Serve the dip with peeled apple slices, banana slices, or cinnamon pita chips.

Nutrition Facts



Properties

Glycemic Index:5.19, Glycemic Load:0.62, Inflammation Score:-8, Nutrition Score:3.115652082407%

Nutrients (% of daily need)

Calories: 38.39kcal (1.92%), Fat: 0.04g (0.07%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 9.26g (3.37%), Sugar: 8.67g (9.64%), Cholesterol: 0mg (0%), Sodium: 2.93mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Vitamin A: 2383.45IU (47.67%), Manganese: 0.11mg (5.33%), Vitamin K: 2.49µg (2.37%), Vitamin B2: 0.04mg (2.36%), Fiber: 0.51g (2.04%), Iron: 0.27mg (1.53%), Calcium: 13.66mg (1.37%), Potassium: 46.85mg (1.34%), Magnesium: 4.74mg (1.19%), Vitamin E: 0.17mg (1.1%)