



Pumpkin Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 slices apples
- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup pumpkin canned
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 teaspoons maple syrup

Equipment

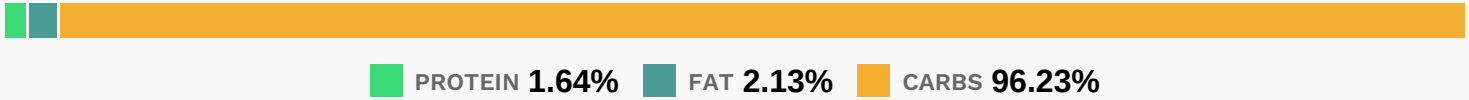
- ☐ bowl
- ☐ blender

Directions

- ☐
- Place first 3 ingredients in a medium bowl, and beat with a mixer at medium speed until well blended.

☐☐

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:8.24, Inflammation Score:-8, Nutrition Score:5.512174008981%

Flavonoids

Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.83mg, Catechin: 2.83mg, Catechin: 2.83mg, Catechin: 2.83mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 16.42mg, Epicatechin: 16.42mg, Epicatechin: 16.42mg, Epicatechin: 16.42mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg

Nutrients (% of daily need)

Calories: 155.02kcal (7.75%), Fat: 0.4g (0.62%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 40.76g (13.59%), Net Carbohydrates: 35.18g (12.79%), Sugar: 32.6g (36.22%), Cholesterol: 0mg (0%), Sodium: 5.37mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.39%), Vitamin A: 1706.69IU (34.13%), Fiber: 5.57g (22.29%), Vitamin C: 10.46mg (12.68%), Potassium: 269.46mg (7.7%), Manganese: 0.14mg (6.94%), Vitamin K: 6.46µg (6.15%), Vitamin B6: 0.1mg (4.95%), Vitamin B2: 0.08mg (4.53%), Copper: 0.07mg (3.72%), Magnesium: 14.37mg (3.59%), Vitamin E: 0.5mg (3.35%), Phosphorus: 27.97mg (2.8%), Vitamin B1: 0.04mg (2.69%), Iron: 0.48mg (2.65%), Calcium: 25.45mg (2.54%), Folate: 7.86µg (1.97%), Vitamin B5: 0.19mg (1.86%), Vitamin B3: 0.25mg (1.24%)