



Pumpkin Dip



Vegetarian



Gluten Free



Popular

READY IN



5 min.

SERVINGS



4

CALORIES



451 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

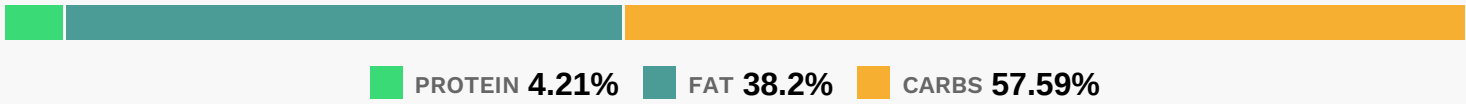
- ☐ 1 cup brown sugar
- ☐ 1 teaspoon cinnamon
- ☐ 8 ounce cream cheese room temperature
- ☐ 0.5 teaspoon ginger
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 cups pumpkin puree

Equipment

Directions

☐ Mix everything, cover and chill overnight in the fridge.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.88, Inflammation Score:-10, Nutrition Score:12.502608734628%

Nutrients (% of daily need)

Calories: 451.19kcal (22.56%), Fat: 19.9g (30.62%), Saturated Fat: 11.67g (72.92%), Carbohydrates: 67.5g (22.5%), Net Carbohydrates: 63.65g (23.15%), Sugar: 59.58g (66.19%), Cholesterol: 57.27mg (19.09%), Sodium: 199.66mg (8.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.86%), Vitamin A: 19827.75IU (396.55%), Vitamin K: 20.95µg (19.95%), Manganese: 0.32mg (15.77%), Fiber: 3.85g (15.4%), Calcium: 137.78mg (13.78%), Iron: 2.2mg (12.24%), Vitamin E: 1.8mg (11.99%), Vitamin B2: 0.2mg (11.58%), Potassium: 403.97mg (11.54%), Phosphorus: 106.41mg (10.64%), Magnesium: 38.86mg (9.72%), Vitamin B5: 0.89mg (8.88%), Selenium: 6.05µg (8.64%), Copper: 0.17mg (8.53%), Vitamin C: 5.18mg (6.28%), Vitamin B6: 0.12mg (6.21%), Folate: 20.51µg (5.13%), Zinc: 0.52mg (3.47%), Vitamin B1: 0.04mg (2.87%), Vitamin B3: 0.57mg (2.86%), Vitamin B12: 0.12µg (2.08%)