

Pumpkin Pillows

 Dairy Free

READY IN



45 min.

SERVINGS



72

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 oz pumpkin puree canned
- ☐ 1 tablespoon cinnamon
- ☐ 1 eggs beaten
- ☐ 1 tablespoon ground ginger
- ☐ 1 tablespoon nutmeg
- ☐ 6 oz bittersweet chocolate
- ☐ 18.5 oz cake mix white

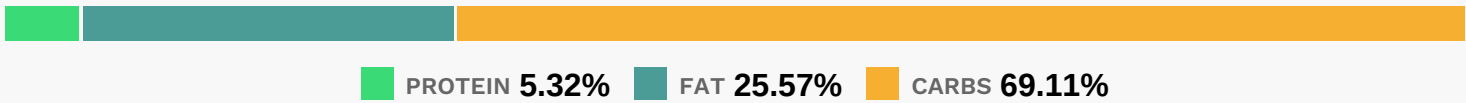
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine dry cake mix, pumpkin, egg and spices in a bowl. Stir until well blended; fold in chocolate chips. Drop by rounded teaspoonfuls onto ungreased baking sheets.
- ☐ Bake at 350 degrees for 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:1.04, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:2.1608695497979%

Nutrients (% of daily need)

Calories: 44.68kcal (2.23%), Fat: 1.29g (1.98%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 7.3g (2.66%), Sugar: 4.16g (4.62%), Cholesterol: 2.42mg (0.81%), Sodium: 51.92mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.21%), Vitamin A: 924.1IU (18.48%), Manganese: 0.1mg (5.03%), Phosphorus: 34.36mg (3.44%), Iron: 0.41mg (2.28%), Copper: 0.04mg (2.19%), Fiber: 0.53g (2.12%), Calcium: 20.67mg (2.07%), Magnesium: 6.78mg (1.7%), Folate: 6.18µg (1.55%), Selenium: 1.08µg (1.54%), Vitamin B2: 0.02mg (1.36%), Vitamin K: 1.35µg (1.28%), Vitamin B1: 0.02mg (1.24%), Vitamin B3: 0.23mg (1.13%)