UC CE University of California
Agriculture and Natural Resources

Try it "Tuesdays"

Pumpkins Spread

Makes: 10 ¼ cup servings

Cooking Time: 10 minutes

Nutrition Facts

Serving Size 1/4 Cup
Servings Per Container 10

Amount Per Serving	
Calories 40	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 1g	

Vitamin A 140% • Vitamin C 6%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

1 (16-ounce) can pumpkin

1/2 cup sugar

2 teaspoons pumpkin pie spice

1-2 tablespoons lemon juice

Directions

Mix pumpkin, sugar, pumpkin pie spice and lemon juice in a large pan. Cook on medium heat until it bubbles, about 3-5 minutes. Let cool slightly. Can be eaten warm or cold. Refrigerate leftovers for up to 4 days. Use on toast, tortillas, waffles or pancakes.

For more information, Contact your local EFNEP office

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