



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Pumpkin Spice Crème No Whipped Cream ♦

A delicious pumpkin spice crème without whipped cream. Perfect for fall season.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

200 g	Pumpkin Puree
300 ml	milk
50 g	Sugar
2 tsp	Cinnamon
1 tsp	Nutmeg
1 tsp	Cloves

1 tsp vanilla extract

Directions

Step 1

Stove

In a saucepan, combine pumpkin puree, milk, sugar, cinnamon, nutmeg, cloves, and vanilla extract.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stove

Heat the mixture over medium heat, stirring constantly, until it starts to simmer.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Remove from heat and let it cool for a few minutes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Pour the mixture into serving cups or glasses.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Refrigerating

Refrigerate for at least 2 hours before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 2 g

Protein: 3 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Vitamin A	100 iu	11.11%	14.29%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	10 mg	1%	1%
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Events

Christmas

Barbecue

Cuisines

Italian

Meal Type

Brunch

Dinner

Snack

Supper

Nutritional Content

Low Calorie

Low Fat

High Fiber

Kitchen Tools

Blender

Course

Main Dishes

Desserts

Salads

Snacks

Sauces & Dressings

Cultural

Passover

Christmas

Halloween

Cost

\$10 to \$20

Difficulty Level

Medium

Visit our website: healthdor.com