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# 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



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)
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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**

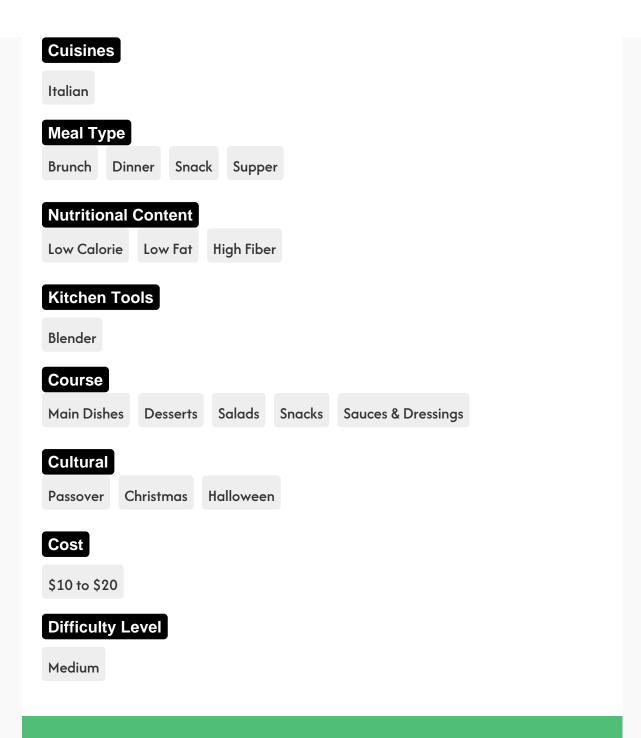
Seasonality

Fall

Events

Christmas

Barbecue



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