

Baked pumpkin



Recipe credit

USDA Food Distribution Program on Indian Reservations, A River of Recipes Native American Recipes Using Commodity Foods

About this recipe

Serves

8

Serving size

1/8 recipe

Ingredients

- 1 small pumpkin (small, peeled and cut into cubes)
- 1 cup sugar
- 1 teaspoon salt
- 1 teaspoon cinnamon

Directions

1. Preheat oven to 325 degrees Fahrenheit.
2. Place pumpkin cubes in a baking dish and sprinkle with sugar and salt.
3. Cover pan with foil and bake until soft.
4. Sprinkle with cinnamon.

Nutritional info

Calories

113

Total fat

0 g

Saturated fat

0 g

Cholesterol

0 g

Sodium

412 mg

Total carbohydrates

29 g

Dietary fiber

1 g

Protein

1 g

Total sugar

27 g

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