



A nutrition Fact Sheet



Pumpkin

Nutrition Facts

Pumpkin is packed with fiber, potassium, and vitamins A and C. It has no fat, sodium, or cholesterol. One cup of pumpkin provides 50% of the daily recommendation for vitamin C and 450% of the daily recommendation for vitamin A.

Buying and Storing

- **Buying:** Choose a well-shaped pumpkin that is firm and slightly heavy. It should have tough skin with the stem attached and without any wrinkles or blemishes. Look for a pumpkin that is heavy for its size.
- **Storing:** Store in a cool, dry place. Cooked pumpkin can be stored in an airtight container in the refrigerator for 4 to 5 days. Pumpkin puree can be frozen for later use.

Preparing and Cooking

- **Preparing:** Wash off dirt with cool water.
- **Baking:** Preheat oven to 375°F. Remove stem; cut in half crosswise. Remove seeds and pulp. Save seeds to roast or to plant in your garden! Place pumpkin halves in pan, cut side down. Bake for one hour or more, depending upon the size of the pumpkin. Pumpkin is done when it is tender and begins to fall apart. Scrape cooked pumpkin out of shell.
- **Steaming:** Place peeled pumpkin pieces in a small amount of boiling water. Cook until the squash is tender, about 5 minutes. Drain well.

- **Microwaving:** Arrange pumpkin halves, cut-side up, in a shallow, microwave-safe dish. Cover with microwave-safe plastic wrap or a glass lid and cook until tender, about 7-10 minutes. Let stand 5 minutes after cooking. Alternatively, cut pumpkin into chunks before microwaving. Cooking time will be about 6 to 8 minutes.

Ways to Enjoy

- Puree pumpkin by using a blender or mashing cooked pumpkin.
- Make a pumpkin pie yogurt parfait: pumpkin, pumpkin pie spice, and cinnamon, layered with lowfat yogurt.
- Try a pumpkin smoothie with pumpkin, banana, yogurt, milk, pumpkin pie spice, and a little honey or maple syrup.
- Add a few Tablespoons of pumpkin to your oatmeal, along with walnuts, raisins, and cinnamon.

Contact Us

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

Quick and Easy Pumpkin Soup

Yield: 6 servings • Serving Size: $\frac{3}{4}$ to 1 cup

- 1 (16 oz) can 100% pure pumpkin or 2 cups cooked, mashed pumpkin
- 2 cups vegetable broth
- 1½ teaspoons dried basil
- 1 teaspoon garlic powder
- 1 teaspoon ground ginger
- 1 cup nonfat milk

1. In a medium stock pot, combine the pumpkin, vegetable broth, and spices and bring to a boil.
2. Once boiling, lower the heat and simmer for 15 minutes.
3. Remove from heat and add the milk slowly, making sure it does not boil.

Tip: Add spices to taste. Experiment with different spices, such as thyme, oregano, cumin, etc.

| Nutrition Facts | |
|---|----------------|
| 6 servings per container | |
| Serving size $\frac{3}{4}$ cup to 1 cup (198g) | |
| Amount per serving | |
| Calories | 50 |
| | % Daily Value* |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 65mg | 3% |
| Total Carbohydrate 10g | 4% |
| Dietary Fiber 0g | 0% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 77mg | 6% |
| Iron 1mg | 6% |
| Potassium 77mg | 2% |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

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Pumpkin Pancakes

Yield: 8 servings • Serving Size: 2 pancakes

- 1 egg, slightly beaten
- 1½ cups nonfat milk
- ½ cup pumpkin
- 2 Tablespoons vegetable oil
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 2 Tablespoons packed brown sugar
- 1 Tablespoon baking powder
- 1 teaspoon salt
- 1½ teaspoons pumpkin pie spice*
**Or 1 teaspoon cinnamon, ¼ teaspoon nutmeg, and ¼ teaspoon ground ginger*

Toppings (optional): lowfat yogurt, banana slices, or maple syrup

1. Preheat griddle or frying pan over medium heat.
2. In large bowl, beat together eggs, milk, pumpkin, and oil.
3. Add flours, sugar, baking powder, salt, and spices; mix until moistened. (Batter will be thick.)
4. For each pancake, pour $\frac{1}{4}$ cup batter onto hot griddle. Use a spatula to spread batter into 4 inch circle before mixture sets.
5. Cook until surface bubbles and appears dry. Turn; continue cooking 2 to 3 minutes.
6. Serve with yogurt, banana slices, or syrup (optional).

| Nutrition Facts | |
|---|----------------|
| 8 servings per container | |
| Serving size 2 pancakes (138g) | |
| Amount per serving | |
| Calories | 200 |
| | % Daily Value* |
| Total Fat 5g | 6% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 20mg | 7% |
| Sodium 530mg | 23% |
| Total Carbohydrate 33g | 12% |
| Dietary Fiber 2g | 7% |
| Total Sugars 8g | |
| Includes 3g Added Sugars | 6% |
| Protein 7g | |
| Vitamin D 0mcg | 0% |
| Calcium 134mg | 10% |
| Iron 2mg | 10% |
| Potassium 181mg | 4% |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |