



WESTERN WISCONSIN HEALTH

PUMPKIN DIP

- 1 can pumpkin
- 1-1.4 oz. pkg. sugar-free, fat-free instant vanilla pudding
- 1 C. skim milk
- 1 tsp. cinnamon*
- 1/2 tsp. nutmeg*

Mix until smooth, spread in shallow dish. Top with fat-free whipped topping and serve. It's a great dip for apples or eat it as dessert alone.

*May use 1 1/2 teaspoons pumpkin spice in place of cinnamon and nutmeg, if desired.

Nutrition Facts

Serving Size (138g)
Servings Per Container

Amount Per Serving

Calories 70 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 290mg **12%**

Total Carbohydrate 14g **5%**

Dietary Fiber 4g **16%**

Sugars 5g

Protein 3g

Vitamin A 220% • **Vitamin C 2%**

Calcium 6% • **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

NUTRITION FACTS: Serving size: 1/3 cup per serving, 6 servings