Baked pumpkin

Cubes of baked pumpkin on a sheet pan
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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