

# Pumpkin Dip

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-2004-magazine-september-pumpkin-dip-recipe>

## Ingredients:

- pumpkin
- 8 ounces cream cheese room temp.
- 2 cups powdered sugar
- 14 ounces pumpkin puree
- 1/2 teaspoon cinnamon
- 1/2 teaspoon orange extract optional, I recommend adding it
- gingersnaps

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 60 milligrams
4. Fat: 19 grams
5. Fiber: 4 grams
6. Protein: 5 grams
7. SaturatedFat: 11 grams
8. Sodium: 420 milligrams
9. Sugar: 64 grams

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