

# Sugar Pie Pumpkin

**Type:** Fruit **Main growing areas:** CA, IL, IN, PA, TX

**Appearance:** Round and usually orange



**Sugar Pie Pumpkin ready to prepare**



**How pumpkins grow**

- 1** Some pumpkins are better for carving and others are better for eating. **Sugar Pie Pumpkins are smaller and sweeter than carving pumpkins** and considered the best for cooking use.
- 2** **You can make your own pumpkin puree instead of buying it in a can.** Just wash, cut in half, remove seeds and strings, and roast in the oven until easily pierced with a fork. Scrape flesh from the inside of the rind. Use for baking or freeze.
- 3** **Sugar or pie pumpkins go by many names:** including Baby Pam, Autumn Gold, Ghost Rider, Cinderella, and Fairy Tale pumpkins. All have sweet flesh inside.
- 4** **Native Americans used every part of the pumpkin**—they ate the blossoms, roasted the seeds, and even dried the flesh and ground it into flour.

<b>Nutrition Facts</b>	
Serving Size 100 grams	
Amount Per Serving	
Calories 20	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 100%	Vitamin C 8%
Calcium 1%	Iron 3%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	