

Homemade Pumpkin Purée

Hands-on 20 minutes Overall 1.5 - 2 hours

Nutritional values (per serving, 1/4 cup / 50g / 1.8 oz): Total carbs: 2-5 g, Fiber: 1 g,

Net carbs: 1-4 g, Protein: 0.5 g, Fat: 0.05 g, Calories: 8-23 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients per recipe (makes 20 servings, 1 kg / 2.2 lb / 35.2 oz)

1 large or 3 medium winter or summer squashes (1.6 kg / 3.5 lb / 56.4 oz)

Note: This amount will yield about 60-70% purée depending on how much juice you remove. I used Onion, Harlequin and Butternut squash.

You can try any type of winter or even summer squash. Using butternut squash will add sweetness but also net carbs and calories.

Instructions

1. Preheat the oven to 150 °C/ 300 °F. Cut the squash in half.
2. Place the halves face down on a baking tray lined with parchment paper. Transfer into the oven and slowly bake for 1-1.5 hour until soft. Using a fork, pierce the skin to make sure it's cooked.
3. Remove from the oven and let the squash cool down. Using a spoon, remove the seeds.
4. Scoop the pumpkin meat out into a bowl.
5. Place some of the squash onto a cheesecloth and squeeze the excess juices out.
6. Repeat for the remaining squash.
7. Don't throw the juice away - you can use it for smoothies, soups, meat stews, etc.
8. Place the squash into a bowl and blend until smooth.
9. Store in a glass jar for immediate use (up to one week) and the remaining in freezer-friendly containers you can keep in the freezer.

Which squash to use?

The sweeter the squash is, the more carbs it has. In general, winter squash has more carbs than summer squash (net carbs per 100 g / 3.5 oz):

Butternut - 9.7 g

Coquina - 9.7 g

Acorn - 8.9 g

Hokkaido - 7.1 g

Onion / Ambercup - 7.1 g

Harlequin / Carnival - 7 g

Spaghetti - 5.4 g

Hubbard - 4.8 g

Pattypan - 2.6 g

Zucchini - 2.3 g

Indian - 1.7 g

Scallop - 1.4 g

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