



Apple-Pumpkin Brown Betty

 Vegetarian

READY IN



165 min.

SERVINGS



6

CALORIES



337 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bread cubed (preferably from a baguette)
- ☐ 2 gala apples peeled cut into 1/2-inch pieces
- ☐ 0.3 cup golden raisins
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 6 servings kosher salt
- ☐ 0.3 cup brown sugar light packed
- ☐ 6 servings maple syrup for drizzling
- ☐ 1 tablespoon rum

- ☐ 2 pound pumpkin
- ☐ 3 tablespoons butter unsalted
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 375 degrees F. Slice off and reserve the top 1 1/2 inches of the pumpkin. Scoop out the seeds and stringy pulp.
- ☐ Melt 2 tablespoons butter in a large skillet over medium heat.
- ☐ Add the bread and cook, stirring occasionally, until golden, about 4 minutes; transfer to a bowl.
- ☐ Add the remaining 1 tablespoon butter, the apples, brown sugar and raisins to the skillet and cook until the apples are crisp-tender, about 4 minutes. Stir in the rum, vanilla, cinnamon and a pinch of salt. Return the bread to the skillet.
- ☐ Put the pumpkin in a small baking dish and fill the pumpkin with the apple mixture. Cover with the pumpkin top and add 1 inch of boiling water to the baking dish. Cover loosely with foil and bake until the pumpkin is tender, 2 hours to 2 hours, 30 minutes.
- ☐ Remove the foil and pumpkin top and return the stuffed pumpkin to the oven.
- ☐ Bake until the filling is lightly browned, about 10 more minutes.
- ☐ Transfer to a serving plate and drizzle with maple syrup. To serve, scrape the pumpkin flesh and stir into the apple mixture.
- ☐ Photograph by David Malosh

Nutrition Facts



 PROTEIN **6.61%**  FAT **18.4%**  CARBS **74.99%**

Properties

Glycemic Index:48.15, Glycemic Load:29.26, Inflammation Score:-10, Nutrition Score:17.446956443398%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 337.2kcal (16.86%), Fat: 7.04g (10.83%), Saturated Fat: 3.92g (24.47%), Carbohydrates: 64.55g (21.52%), Net Carbohydrates: 61.23g (22.26%), Sugar: 36.83g (40.92%), Cholesterol: 15.05mg (5.02%), Sodium: 445.52mg (19.37%), Alcohol: 0.95g (100%), Alcohol %: 0.41% (100%), Protein: 5.69g (11.38%), Vitamin A: 13079.38IU (261.59%), Manganese: 0.89mg (44.71%), Vitamin B2: 0.58mg (33.94%), Vitamin B1: 0.33mg (21.98%), Potassium: 732.76mg (20.94%), Vitamin C: 16.59mg (20.12%), Folate: 68.69µg (17.17%), Iron: 2.85mg (15.83%), Vitamin B3: 2.85mg (14.27%), Copper: 0.28mg (14.23%), Vitamin E: 2mg (13.32%), Fiber: 3.33g (13.3%), Phosphorus: 119.83mg (11.98%), Calcium: 112.08mg (11.21%), Selenium: 7.46µg (10.66%), Magnesium: 38.8mg (9.7%), Vitamin B6: 0.18mg (9.09%), Vitamin B5: 0.67mg (6.65%), Zinc: 0.99mg (6.61%), Vitamin K: 4.91µg (4.67%)