



Apple-Pumpkin Delight

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



212 kcal

SIDE DISH

Ingredients

- 0.3 cup apple juice
- 0.3 teaspoon cinnamon
- 2 teaspoons cornstarch
- 1 apples i use 2 granny smith apples
- 2 pounds apples i use 2 granny smith apples (3 large apples)
- 6 servings splenda® no calorie sweetener
- 0.1 teaspoon nutmeg
- 1 pound winter squash sweet or any winter squash

- 4 ounces winter squash or any winter squash
- 0.5 cup sugar
- 1 pinch frangelico
- 1 pinch frangelico

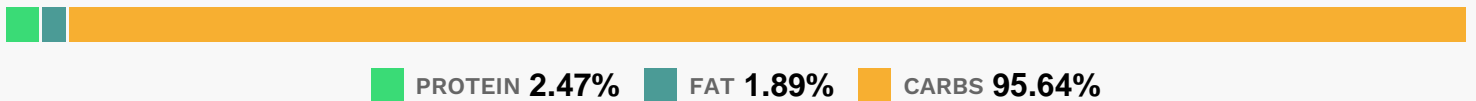
Equipment

- oven
- knife
- casserole dish
- aluminum foil

Directions

- Mix together the sugar, cinnamon, nutmeg, cloves, and cornstarch. Oil a 2-quart casserole dish. Arrange half of the pumpkin slices in the dish, and sprinkle with about 1/4 of the sugar mixture; arrange half of the apple slices over the pumpkin and sprinkle with a quarter of the sugar mixture. Repeat pumpkin and sugar and arrange the final layer of apples on top, heaping slightly in the center if necessary; sprinkle with remaining sugar mixture. Cover with foil and bake for 40 minutes.
- Remove foil and bake for about another 15 minutes. Use a knife to lift up some of the apples and check to see that the pumpkin slices in the middle are completely done; if not, return to the oven until pumpkin is tender.
- Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:49.97, Glycemic Load:19.19, Inflammation Score:-10, Nutrition Score:12.302173992862%

Flavonoids

Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg, Catechin: 2.49mg

Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg
Epicatechin: 14.16mg, Epicatechin: 14.16mg, Epicatechin: 14.16mg, Epicatechin: 14.16mg Epicatechin 3-gallate:
0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg
Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg,
Epigallocatechin 3-gallate: 0.34mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg
Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.34mg,
Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg

Nutrients (% of daily need)

Calories: 212.16kcal (10.61%), Fat: 0.49g (0.75%), Saturated Fat: 0.08g (0.53%), Carbohydrates: 55.47g (18.49%),
Net Carbohydrates: 49.15g (17.87%), Sugar: 39.4g (43.78%), Cholesterol: 0mg (0%), Sodium: 6.25mg (0.27%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Vitamin A: 10143.6IU (202.87%), Vitamin C:
28.29mg (34.29%), Fiber: 6.33g (25.31%), Potassium: 538.21mg (15.38%), Manganese: 0.28mg (13.94%), Vitamin E:
1.69mg (11.27%), Vitamin B6: 0.22mg (11.1%), Magnesium: 41.87mg (10.47%), Vitamin B1: 0.13mg (8.51%), Folate: 31µg
(7.75%), Vitamin B3: 1.31mg (6.54%), Copper: 0.12mg (6.03%), Calcium: 58.17mg (5.82%), Phosphorus: 52.1mg
(5.21%), Iron: 0.91mg (5.06%), Vitamin B5: 0.49mg (4.94%), Vitamin K: 5.06µg (4.82%), Vitamin B2: 0.07mg (4.18%),
Zinc: 0.22mg (1.47%)