



Baked Mini Pumpkin Pots

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pieces bread stale cut into cubes (any nonsweet kind)
- ☐ 4 ounces sausage meat sweet hot
- ☐ 4 teaspoons crème fraîche
- ☐ 5 eggs
- ☐ 1 tablespoon sage dried fresh minced
- ☐ 1 tablespoon flat parsley italian minced
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 4 pound pumpkin mini

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ » Preheat the oven to 350 degrees F and line a baking sheet with parchment paper. Slice the top quarter off each pumpkin and remove the seeds and stringy bits.
- ☐ » In a medium skillet over medium-high heat, sauté the sausage for 3 to 4 minutes, until cooked through.
- ☐ Drain off any rendered fat and set aside.
- ☐ Whisk 1 of the eggs, and toss it in a large bowl with the sausage, bread cubes, sage, parsley, salt, and pepper until well combined.
- ☐ » Fill each pumpkin with the stuffing mixture to a little less than 1 inch from the top, and place it on the prepared sheet.
- ☐ Bake for 40 minutes, until the pumpkins have softened.
- ☐ Remove the pan from the oven and use a spoon to compress the stuffing a little.
- ☐ Pour 1 of the remaining 4 eggs into each pumpkin. Lightly cover the pumpkins with a sheet of aluminum foil. Increase the heat to 400 degrees F and return the sheet to the oven.
- ☐ Bake for another 10 minutes, until the eggs are just set.
- ☐ Serve hot, topped with about a teaspoon of crème fraîche and more salt and pepper to taste.
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Nutrition Facts



 PROTEIN **20.36%**  FAT **40.25%**  CARBS **39.39%**

Properties

Glycemic Index:55.67, Glycemic Load:19.89, Inflammation Score:-10, Nutrition Score:29.074782744698%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 7.4mg, Luteolin: 7.4mg, Luteolin: 7.4mg, Luteolin: 7.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 295.99kcal (14.8%), Fat: 14.11g (21.7%), Saturated Fat: 4.9g (30.64%), Carbohydrates: 31.07g (10.36%), Net Carbohydrates: 28.46g (10.35%), Sugar: 12.94g (14.37%), Cholesterol: 227.37mg (75.79%), Sodium: 560.26mg (24.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.06g (32.11%), Vitamin A: 39072.63IU (781.45%), Vitamin C: 42.55mg (51.58%), Potassium: 1709.1mg (48.83%), Vitamin B2: 0.8mg (46.9%), Vitamin E: 5.5mg (36.69%), Phosphorus: 352.51mg (35.25%), Manganese: 0.65mg (32.3%), Copper: 0.65mg (32.27%), Vitamin K: 30.76µg (29.29%), Iron: 5.17mg (28.74%), Selenium: 18.71µg (26.73%), Folate: 102.73µg (25.68%), Vitamin B5: 2.41mg (24.14%), Vitamin B6: 0.47mg (23.74%), Vitamin B1: 0.34mg (22.44%), Vitamin B3: 4.2mg (21%), Zinc: 2.84mg (18.92%), Magnesium: 68.89mg (17.22%), Calcium: 144.82mg (14.48%), Vitamin B12: 0.74µg (12.31%), Fiber: 2.61g (10.42%), Vitamin D: 1.47µg (9.79%)