



HEALTH SCORE

85%

## Baked Pumpkin with Lemon, Sautéed Greens, and Toasted Cumin Dressing



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



143 kcal

SIDE DISH

### Ingredients

- ☐ 1 teaspoon crème fraîche sour
- ☐ 1 clove garlic peeled finely chopped
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 juice of lemon
- ☐ 1 handful curly kale
- ☐ 2 tablespoons olive oil
- ☐ 2 pounds pumpkin seeded chopped

- ☐ 1 large onion red peeled sliced
- ☐ 3 leaves sage coarsely torn fresh
- ☐ 4 servings salt and pepper
- ☐ 1 handful swiss chard

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

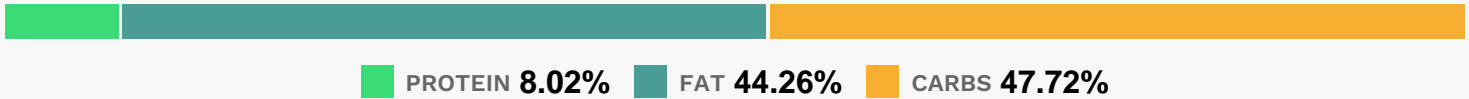
## Directions

- ☐ Preheat the oven to 425°F/220°C.
- ☐ Put the pumpkin in a roasting pan with the onion and sage. Season and pour over the olive oil. Cook for around 30 minutes, or until the pumpkin is tender.
- ☐ While the pumpkin is cooking, make your dressing. In a small frying pan on a medium heat, toast the cumin seeds. This should only take a minute, and you will know it's ready when the dusk of the cumin is wafting round your kitchen. Cool for a minute, then squeeze the lemon juice into the pan and add the olive oil. Put this into a pitcher or something and leave to the side, stirring in the crème fraîche just before serving.
- ☐ Now, the greens. In a big frying pan, heat the olive oil and garlic. Throw in the greens and cook until tender, 5 to 10 minutes.
- ☐ Take the pumpkin out of the oven.
- ☐ Put the greens on a plate, top with the pumpkin, and cover with the dressing.
- ☐ Recipes by Sophie Dahl. Reprinted with permission from Very Fond of Food: A Year in Recipes by Sophie Dahl, © 201
- ☐ Published by Ten Speed Press, a division of Random House, Inc. Sophie Dahl began her career as a model, but writing was always her first love. In 2003 she wrote an illustrated novella called The Man with the Dancing Eyes, which was a Times bestselling book. This was followed by a novel, Playing with the Grown-Ups, published to widespread praise by Bloomsbury in 200
- ☐ Dahl is a contributing editor at British Vogue. She has also written for US Vogue, Waitrose Food Illustrated magazine, the Observer, the Guardian, and the Saturday Times Magazine,

among others.A devoted eater and cook, she wrote a book chronicling her misadventures with food, Miss Dahl's Voluptuous Delights, published by Harper

☐ Collins in 2009, which was her second Times bestseller. Following the success of Voluptuous Delights, Dahl wrote and presented a popular BBC2 six-part cooking series, The Delicious Miss Dahl, which aired in numerous countries all over the world.Dahl lives in England, where she continues to work on her journalism, fiction, and baking.

## Nutrition Facts



## Properties

Glycemic Index:49.5, Glycemic Load:10.51, Inflammation Score:-10, Nutrition Score:19.929565249902%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.71mg, Luteolin: 3.71mg, Luteolin: 3.71mg, Luteolin: 3.71mg Isorhamnetin: 3.32mg, Isorhamnetin: 3.32mg, Isorhamnetin: 3.32mg, Isorhamnetin: 3.32mg Kaempferol: 4.48mg, Kaempferol: 4.48mg, Kaempferol: 4.48mg, Kaempferol: 4.48mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

## Nutrients (% of daily need)

Calories: 142.94kcal (7.15%), Fat: 7.77g (11.95%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 16.68g (6.06%), Sugar: 7.73g (8.59%), Cholesterol: 0.59mg (0.2%), Sodium: 219.38mg (9.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.33%), Vitamin A: 20606.63IU (412.13%), Vitamin K: 101.31µg (96.49%), Vitamin C: 34.15mg (41.4%), Potassium: 890.16mg (25.43%), Vitamin E: 3.65mg (24.32%), Manganese: 0.44mg (22.12%), Copper: 0.42mg (20.92%), Vitamin B2: 0.3mg (17.52%), Iron: 2.7mg (14.99%), Phosphorus: 121.71mg (12.17%), Folate: 48.58µg (12.15%), Magnesium: 42.08mg (10.52%), Vitamin B6: 0.21mg (10.28%), Vitamin B1: 0.15mg (9.72%), Calcium: 88.7mg (8.87%), Fiber: 2.17g (8.67%), Vitamin B3: 1.56mg (7.82%), Vitamin B5: 0.74mg (7.43%), Zinc: 0.88mg (5.88%), Selenium: 1.15µg (1.64%)