



Baked Whole Pumpkin

 Vegetarian  Gluten Free

READY IN



100 min.

SERVINGS



8

CALORIES



367 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 6 eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 2 cups heavy whipping cream
- ☐ 1 tablespoon blackstrap molasses

☐ 1 medium pumpkin

Equipment

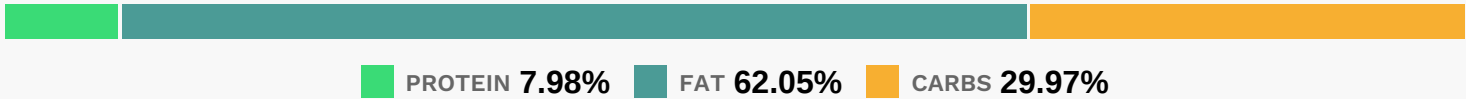
☐ oven

☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Cut the lid off the pumpkin and remove the seeds.
- ☐ Combine the eggs, whipping cream, brown sugar, molasses, nutmeg, cinnamon and ginger.
- ☐ Pour mixture into the pumpkin shell and top with the butter. Replace lid on pumpkin and place in a baking pan.
- ☐ Bake for 1 to 1-1/2 hours or until mixture has set like a custard. Allow to cool and serve right from the pumpkin at the table, scraping some of the meat from the pumpkin wall with each serving.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:8.19, Inflammation Score:-10, Nutrition Score:15.747825995736%

Flavonoids

Luteolin: 2.77mg, Luteolin: 2.77mg, Luteolin: 2.77mg, Luteolin: 2.77mg

Nutrients (% of daily need)

Calories: 366.91kcal (18.35%), Fat: 26.26g (40.4%), Saturated Fat: 15.74g (98.38%), Carbohydrates: 28.54g (9.51%), Net Carbohydrates: 27.59g (10.03%), Sugar: 21.8g (24.22%), Cholesterol: 193.76mg (64.59%), Sodium: 80.7mg (3.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.19%), Vitamin A: 15569.2IU (311.38%), Vitamin B2: 0.45mg (26.5%), Potassium: 737.07mg (21.06%), Vitamin C: 15.67mg (18.99%), Selenium: 13.09µg (18.71%), Vitamin E: 2.74mg (18.26%), Phosphorus: 176.85mg (17.68%), Manganese: 0.32mg (15.78%), Copper: 0.27mg (13.34%), Iron: 2.24mg (12.44%), Vitamin B5: 1.21mg (12.05%), Folate: 45.39µg (11.35%), Calcium: 111.96mg (11.2%), Vitamin D: 1.61µg (10.75%), Vitamin B6: 0.2mg (10.19%), Magnesium: 36.28mg (9.07%), Zinc: 1.13mg (7.55%), Vitamin B1: 0.11mg (7.45%), Vitamin B12: 0.39µg (6.53%), Vitamin B3: 1.13mg (5.66%), Vitamin K: 4.03µg (3.84%), Fiber: 0.95g

(3.8%)