



Provencal pumpkin tian

READY IN



90 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 750 g pumpkin (with skin but without seeds and fibres) seeded
- ☐ 1 pinch nutmeg, grated
- ☐ 1 medium onion, roughly chopped
- ☐ 25 g vegetable oil
- ☐ 1 tbsp flour, plain
- ☐ 250 ml milk
- ☐ 1 medium eggs, lightly beaten
- ☐ 85 g gruyere cheese, grated
- ☐ 1 handful almonds, flaked

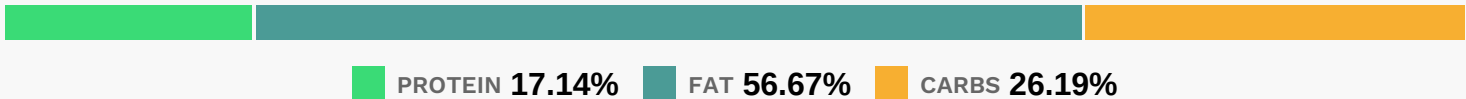
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 200C/fan 180C/gas
- ☐ Peel the pumpkin and cut the flesh into smallish pieces. Put it in a pan with about 6 tbsp water.
- ☐ Put the lid on and steam for 15–20 minutes until very soft.
- ☐ Mash with a masher or fork, season and add the nutmeg. If it is watery, return to the heat and cook for 1–2 minutes, stirring occasionally, until most of the liquid has evaporated.
- ☐ While the pumpkin is steaming, fry the onion in a medium-sized saucepan in the butter and oil for about 10 minutes, until softened but not brown.
- ☐ Add the flour and cook, stirring, for 1 minute. Gradually pour in the milk, a little at a time, stirring all the time to prevent lumps from forming, and cook over a low heat until the sauce thickens.
- ☐ Mix the white sauce with the pumpkin and the egg, and beat well.
- ☐ Pour into a well-buttered small ceramic baking dish.
- ☐ Sprinkle over the cheese and almonds and bake for 40 minutes, or until slightly firm and golden on top.

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:7.31, Inflammation Score:-10, Nutrition Score:15.246521700983%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg, Luteolin: 2.04mg Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 205.82kcal (10.29%), Fat: 13.53g (20.81%), Saturated Fat: 4.65g (29.06%), Carbohydrates: 14.06g (4.69%), Net Carbohydrates: 12.43g (4.52%), Sugar: 6.64g (7.38%), Cholesterol: 48.02mg (16.01%), Sodium: 129.98mg (5.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.21g (18.41%), Vitamin A: 10885.35IU (217.71%), Calcium: 244.46mg (24.45%), Phosphorus: 229.7mg (22.97%), Vitamin E: 3.09mg (20.59%), Vitamin B2: 0.34mg (19.89%), Potassium: 576.39mg (16.47%), Manganese: 0.31mg (15.68%), Vitamin C: 12.61mg (15.29%), Copper: 0.23mg (11.56%), Magnesium: 42.05mg (10.51%), Zinc: 1.42mg (9.49%), Vitamin K: 9.65µg (9.19%), Selenium: 6.22µg (8.89%), Vitamin B12: 0.52µg (8.73%), Vitamin B1: 0.13mg (8.47%), Folate: 32.96µg (8.24%), Iron: 1.44mg (8%), Vitamin B6: 0.16mg (7.8%), Vitamin B5: 0.78mg (7.76%), Fiber: 1.63g (6.52%), Vitamin B3: 1.09mg (5.47%), Vitamin D: 0.7µg (4.7%)