



Pumpkin Mac 'n' Cheese From 'Melt: The Art of Macaroni & Cheese

READY IN



120 min.

SERVINGS



4

CALORIES



714 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 servings pepper black freshly ground
- 4 ounces elbow macaroni
- 5 ounces fontina cut into 1/4-inch cubes
- 1 teaspoon rosemary leaves fresh chopped
- 1 teaspoon sage fresh chopped
- 1 teaspoon thyme sprigs fresh chopped
- 2 ounces gruyere cheese cut into 1/4-inch cubes
- 1 cup cup heavy whipping cream

- 1 tablespoon olive oil
- 0.3 pound pork sausage italian
- 3 spring onion diced
- 4 servings sea salt
- 1 pumpkin sweet (not a carving pumpkin)

Equipment

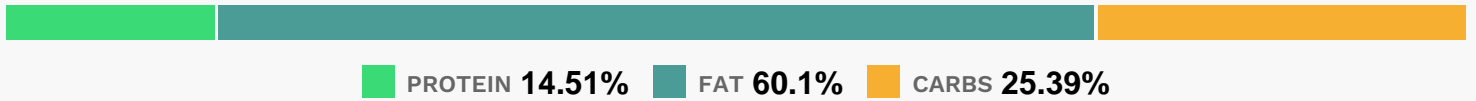
- bowl
- frying pan
- oven
- pot
- baking pan
- slotted spoon
- colander

Directions

- Preheat the oven to 350°F.
- Cut a circle from the top of the pumpkin at a 45-degree angle, the way you would cut open a pumpkin to make a jack-o'-lantern, and set aside. Scoop out the seeds and strings as best you can. Generously salt and pepper the inside of the pumpkin, pop the top back on it, place it on a rimmed baking dish (since the pumpkin may leak or weep a bit), and bake for 45 minutes.
- Meanwhile, heat the olive oil in a sauté pan over medium heat. If the sausages are in their casings, remove the meat and discard the casings. Crumble the sausage meat into small chunks and cook until lightly browned.
- Remove the sausage from the pan with a slotted spoon and set aside to cool. Discard the drippings, or save for gravy or what have you.
- Also while the pumpkin bakes, cook the pasta in a large pot of salted boiling water until al dente.
- Drain through a colander and rinse with cool water to stop the cooking process.

- In a bowl, toss together the Fontina, Gruyère, sausage, pasta, scallions, and herbs. Once the pumpkin is done baking, take it out of the oven and fill it with the macaroni and cheese.
- Pour the cream over the filling.
- Place the top back on the pumpkin and bake for 1 hour, taking the top off for the last 15 minutes so the cheese on top of the filling can properly brown. If the top cream still seems a bit too wobbly and liquid, give it another 10 minutes in the oven. The cream may bubble over a bit, which is fine. If the pumpkin splits while baking, as occasionally happens, be thankful you set it in a rimmed baking dish and continue to bake as normal.
- Cut it into sections and serve them, or just scoop out the insides with scrapings of the pumpkin flesh for each serving. Either way is just dandy. Salt and pepper to taste.
- Wine pairings: white Rhône Valley blends, Viognier, oaky Chardonnay, champagne

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:15.01, Inflammation Score:-10, Nutrition Score:33.063478345456%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 5.77mg, Luteolin: 5.77mg, Luteolin: 5.77mg, Luteolin: 5.77mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 713.79kcal (35.69%), Fat: 48.92g (75.27%), Saturated Fat: 26.42g (165.13%), Carbohydrates: 46.5g (15.5%), Net Carbohydrates: 43.52g (15.83%), Sugar: 12.69g (14.1%), Cholesterol: 144.35mg (48.12%), Sodium: 781.57mg (33.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.59g (53.17%), Vitamin A: 30412.79IU (608.26%), Copper: 2.08mg (103.99%), Phosphorus: 488.55mg (48.86%), Calcium: 469.7mg (46.97%), Vitamin C: 33.65mg (40.79%), Potassium: 1411.8mg (40.34%), Selenium: 27.98µg (39.96%), Manganese: 0.78mg (39.03%), Vitamin B2: 0.66mg (38.8%), Vitamin E: 4.93mg (32.84%), Zinc: 4.09mg (27.3%), Vitamin K: 27.99µg (26.66%), Iron: 3.88mg (21.54%), Vitamin B1: 0.31mg (20.54%), Vitamin B6: 0.4mg (20.19%), Vitamin B3: 4.02mg (20.1%), Magnesium: 77.67mg (19.42%), Vitamin B12: 1.16µg (19.31%), Folate: 71.74µg (17.93%), Vitamin B5: 1.72mg (17.19%), Fiber: 2.98g (11.9%), Vitamin D: 1.62µg (10.79%)