



Pumpkin Panache

READY IN



45 min.

SERVINGS



6

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup breadcrumbs fresh
- ☐ 6 cups cauliflower florets
- ☐ 1 tablespoon parsley fresh minced
- ☐ 2 tablespoons parmesan cheese divided grated
- ☐ 0.3 teaspoon pepper divided
- ☐ 2 cups pumpkin fresh cubed cooked
- ☐ 0.5 teaspoon salt divided
- ☐ 0.3 cup heavy whipping cream fat-free sour

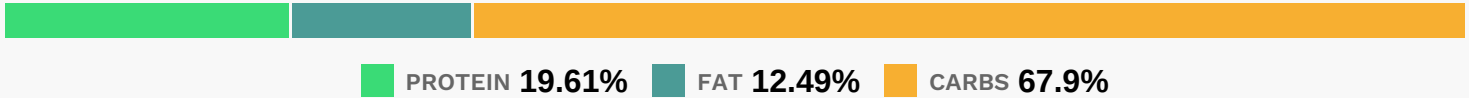
Equipment

- ☐ food processor
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Steam cauliflower, covered, 4 minutes or until crisp-tender, and drain.
- ☐ Combine steamed cauliflower, 1 tablespoon cheese, 1/4 teaspoon salt, and 1/8 teaspoon pepper in a 2-quart casserole coated with cooking spray, and toss gently.
- ☐ Place pumpkin in a food processor, and process until smooth.
- ☐ Add 1/4 teaspoon salt, 1/8 teaspoon pepper, and sour cream, and pulse until smooth. Spoon the pumpkin mixture over cauliflower.
- ☐ Combine 1 tablespoon cheese, breadcrumbs, and parsley; sprinkle over pumpkin mixture.
- ☐ Bake at 350 for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:2.64, Inflammation Score:-9, Nutrition Score:13.1199999991649%

Flavonoids

Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 73.31kcal (3.67%), Fat: 1.11g (1.71%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 13.6g (4.53%), Net Carbohydrates: 11.09g (4.03%), Sugar: 3.39g (3.77%), Cholesterol: 2.31mg (0.77%), Sodium: 311.17mg (13.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.85%), Vitamin A: 3387.16IU (67.74%), Vitamin C: 52.57mg (63.72%), Vitamin K: 27.42µg (26.11%), Folate: 71.79µg (17.95%), Manganese: 0.27mg (13.6%), Potassium: 462.5mg (13.21%), Vitamin B6: 0.22mg (10.95%), Fiber: 2.51g (10.03%), Phosphorus: 91.1mg (9.11%), Vitamin B1:

0.13mg (8.82%), Vitamin B2: 0.15mg (8.68%), Vitamin B5: 0.82mg (8.25%), Calcium: 69.22mg (6.92%), Magnesium: 24.24mg (6.06%), Iron: 1.08mg (5.99%), Vitamin B3: 1.15mg (5.77%), Copper: 0.11mg (5.39%), Selenium: 3.32µg (4.75%), Zinc: 0.61mg (4.06%), Vitamin E: 0.51mg (3.39%), Vitamin B12: 0.07µg (1.2%)