



Pumpkin Queso Fundido

READY IN



140 min.

SERVINGS



8

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce chiles green chopped canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 8 ounces chorizo dried diced
- ☐ 3 tablespoons flour all-purpose
- ☐ 8 servings cilantro leaves fresh chopped for topping
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 jalapeno chopped for less heat remove seeds
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 1 cup monterrey jack cheese shredded

- ☐ 2 cups pasilla de oaxaca shredded
- ☐ 2 pound pumpkin
- ☐ 8 servings tortilla chips for serving

Equipment

- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 375 degrees F. Slice off the top 1 1/2 inches of the pumpkin and discard. Scoop out the seeds and stringy pulp.
- ☐ Heat the chorizo in a medium pot over medium-high heat until the fat begins to render, about 5 minutes.
- ☐ Add the jalapeno, green chiles, cumin and cayenne and cook, stirring, until the jalapeno softens, about 2 minutes. Stir in the flour and cook, stirring, until the flour is slightly toasted, about 2 minutes.
- ☐ Add the chicken broth and bring to a boil. Reduce the heat to medium and stir in the cheeses. Cook, stirring occasionally, until the cheese melts and the mixture is creamy, about 3 more minutes.
- ☐ Place the pumpkin in a small baking dish and fill the pumpkin with the cheese mixture.
- ☐ Add 1 inch of boiling water to the baking dish. Cover loosely with foil and bake until the pumpkin is tender, about 1 hour, 20 minutes.
- ☐ Remove the foil and continue baking until the cheese is golden and bubbly, 20 to 25 more minutes.
- ☐ Let cool 5 to 10 minutes.
- ☐ Sprinkle with cilantro and serve with tortilla chips.
- ☐ Photograph by David Malosh

Nutrition Facts



 **PROTEIN 18.32%**  **FAT 51.66%**  **CARBS 30.02%**

Properties

Glycemic Index:41.25, Glycemic Load:6.67, Inflammation Score:-10, Nutrition Score:16.570869528729%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 400.82kcal (20.04%), Fat: 23.4g (36.01%), Saturated Fat: 9.85g (61.57%), Carbohydrates: 30.6g (10.2%), Net Carbohydrates: 28.12g (10.23%), Sugar: 3.85g (4.28%), Cholesterol: 52.41mg (17.47%), Sodium: 423.5mg (18.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.67g (37.34%), Vitamin A: 10124.64IU (202.49%), Calcium: 309.09mg (30.91%), Phosphorus: 293.91mg (29.39%), Vitamin C: 17.21mg (20.86%), Vitamin B2: 0.31mg (18.38%), Vitamin E: 2.37mg (15.8%), Potassium: 534.67mg (15.28%), Iron: 2.61mg (14.5%), Zinc: 2.08mg (13.85%), Selenium: 9.4µg (13.42%), Vitamin B12: 0.8µg (13.33%), Magnesium: 49.01mg (12.25%), Copper: 0.21mg (10.39%), Fiber: 2.48g (9.91%), Folate: 39.42µg (9.86%), Vitamin B3: 1.85mg (9.27%), Manganese: 0.18mg (8.92%), Vitamin B1: 0.13mg (8.78%), Vitamin B6: 0.17mg (8.65%), Vitamin K: 8.8µg (8.38%), Vitamin B5: 0.77mg (7.69%), Vitamin D: 0.2µg (1.31%)