



Pumpkin Seed Condiment

READY IN



50 min.

SERVINGS



8

CALORIES



152 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 8 slices multigrain baguette whole-wheat toasted thin
- ☐ 2 garlic cloves
- ☐ 10 ounce hokkaido squash red cubed peeled
- ☐ 1 teaspoon mustard
- ☐ 1.3 teaspoons olive oil divided
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 2 tablespoons parsley leaves chopped
- ☐ 6 tablespoons pumpkin seeds hulled
- ☐ 8 servings salt and pepper

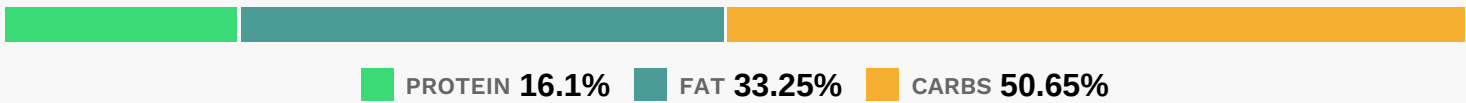
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ mortar and pestle

Directions

- ☐ Combine the squash and garlic in a steamer set over boiling water. Cover and steam until soft.
- ☐ Transfer to a bowl and mash with a fork.
- ☐ Add the mustard, cheese, and 1 tsp oil. Mash until well mixed.
- ☐ Brush a small skillet with the remaining 1/4 tsp oil.
- ☐ Heat over medium heat.
- ☐ Add the pumpkin seeds. Cook, stirring occasionally, until toasted. Season with salt and pepper.
- ☐ Transfer to a paper towel, then crush in a mortar or blender. Fold into the squash, along with the parsley, just before serving with toasts.

Nutrition Facts



Properties

Glycemic Index:21.97, Glycemic Load:10.68, Inflammation Score:-6, Nutrition Score:9.0952174441646%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 152.13kcal (7.61%), Fat: 5.78g (8.89%), Saturated Fat: 1.21g (7.58%), Carbohydrates: 19.82g (6.61%), Net Carbohydrates: 18.09g (6.58%), Sugar: 2.41g (2.68%), Cholesterol: 1.63mg (0.54%), Sodium: 433.88mg (18.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.6%), Manganese: 0.57mg (28.29%), Vitamin K: 18.73µg (17.84%), Magnesium: 59.33mg (14.83%), Vitamin B1: 0.22mg (14.76%), Phosphorus: 145.32mg (14.53%), Folate: 48.79µg (12.2%), Vitamin A: 586.59IU (11.73%), Iron: 2.07mg (11.5%), Selenium: 7.33µg (10.47%), Vitamin B3: 2.03mg (10.14%), Vitamin B2: 0.14mg (8.52%), Copper: 0.17mg (8.49%), Vitamin C: 6.07mg (7.35%), Fiber: 1.73g (6.92%), Zinc: 1.02mg (6.79%), Potassium: 237.37mg (6.78%), Calcium: 66.8mg (6.68%), Vitamin B6: 0.11mg (5.57%), Vitamin E: 0.41mg (2.72%), Vitamin B5: 0.26mg (2.6%)