

Pumpkin Seed Cream Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



309 kcal

SAUCE

Ingredients

- 2 chiles green canned chopped
- 14.5 ounce chicken broth canned
- 1 clove garlic crushed
- 0.5 cup cup heavy whipping cream
- 0.3 cup onion chopped
- 1 cup pumpkin seeds
- 6 servings salt to taste
- 2 tablespoons vegetable oil
- 1 slice sandwich bread white

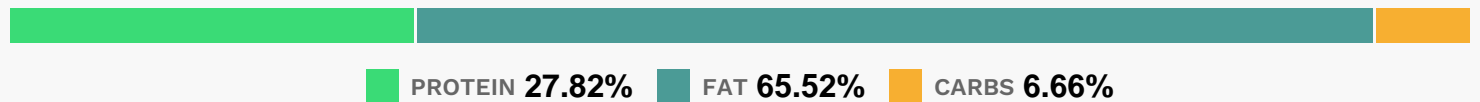
Equipment

- bowl
- sauce pan

Directions

- Cook pumpkin seeds, onion, bread, and garlic in oil, stirring frequently, until bread is golden brown. Stir in chilies.
- Place mixture in a food processor bowl fitted with steel blade; process until smooth.
- Place puree in a small saucepan. Stir in broth, whipping cream, and salt.
- Heat through over low heat.
- Serve with Pumpkin Ravioli.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:1.7, Inflammation Score:-5, Nutrition Score:9.7873913308848%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 308.61kcal (15.43%), Fat: 22.63g (34.82%), Saturated Fat: 7.76g (48.47%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 4.31g (1.57%), Sugar: 1.24g (1.38%), Cholesterol: 56.67mg (18.89%), Sodium: 551.67mg (23.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.62g (43.24%), Manganese: 0.53mg (26.35%), Phosphorus: 255.29mg (25.53%), Selenium: 15.28µg (21.82%), Magnesium: 79.49mg (19.87%), Zinc: 2.65mg (17.65%), Vitamin B3: 2.4mg (12%), Vitamin B12: 0.72µg (11.95%), Iron: 2.02mg (11.23%), Vitamin K: 11.37µg (10.83%), Copper: 0.19mg (9.46%), Vitamin B6: 0.17mg (8.54%), Vitamin A: 415.16IU (8.3%), Vitamin B2: 0.13mg (7.92%), Vitamin E: 1.02mg (6.77%), Potassium: 226.99mg (6.49%), Calcium: 39.06mg (3.91%), Vitamin B1: 0.06mg (3.89%), Folate: 14.44µg (3.61%), Fiber: 0.87g (3.46%), Vitamin D: 0.39µg (2.57%), Vitamin B5: 0.16mg (1.64%), Vitamin C: 1.09mg (1.32%)