

Pumpkin Surprise

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



105 min.

SERVINGS



6

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce regular corn cream-style canned
- 6 servings garlic powder to taste
- 2 pounds ground beef lean
- 6 potatoes cubed peeled
- 1 small pumpkin
- 6 servings salt and pepper to taste
- 15.3 ounce kernel corn whole canned

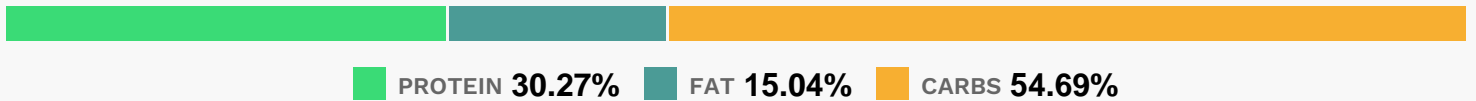
Equipment

- frying pan
- oven
- pot
- baking pan

Directions

- Cut a 4 inch circle off the top of the pumpkin, including the stem; set aside to be used later as a lid.
- Remove seeds and stringy insides of pumpkin.
- Place pumpkin in a 9x13 inch baking dish. Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of salted water to a boil.
- Add potatoes and cook until tender, about 15 minutes.
- Drain, and mash. Season with salt, pepper and garlic powder; set aside.
- In a skillet over medium heat, brown the ground beef until no pink shows; drain. Spoon the ground beef into the pumpkin.
- Pour in the creamed corn and whole kernel corn. Top with mashed potatoes. Cover with pumpkin lid.
- Pour 2 cups of water in the baking dish.
- Bake in preheated oven for 50 to 60 minutes, or until pumpkin is tender and can be pierced with a fork.

Nutrition Facts



Properties

Glycemic Index:26.79, Glycemic Load:37.13, Inflammation Score:-10, Nutrition Score:40.912173758382%

Flavonoids

Luteolin: 3.69mg, Luteolin: 3.69mg, Luteolin: 3.69mg, Luteolin: 3.69mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 544.36kcal (27.22%), Fat: 9.33g (14.35%), Saturated Fat: 3.79g (23.67%), Carbohydrates: 76.34g (25.45%), Net Carbohydrates: 69.4g (25.23%), Sugar: 10.28g (11.42%), Cholesterol: 93.74mg (31.25%), Sodium: 612.86mg (26.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.24g (84.48%), Vitamin A: 19352.84IU (387.06%), Vitamin C: 66.53mg (80.64%), Vitamin B6: 1.45mg (72.68%), Potassium: 2404.92mg (68.71%), Vitamin B3: 13.18mg (65.89%), Zinc: 9.71mg (64.71%), Phosphorus: 598.62mg (59.86%), Vitamin B12: 3.39µg (56.45%), Iron: 7.67mg (42.62%), Selenium: 28.63µg (40.9%), Manganese: 0.74mg (37.14%), Vitamin B2: 0.61mg (36.09%), Copper: 0.71mg (35.48%), Magnesium: 131.74mg (32.94%), Folate: 130.69µg (32.67%), Fiber: 6.94g (27.76%), Vitamin B1: 0.39mg (25.77%), Vitamin B5: 2.43mg (24.26%), Vitamin E: 2.92mg (19.45%), Calcium: 92.83mg (9.28%), Vitamin K: 7.01µg (6.67%), Vitamin D: 0.15µg (1.01%)