



Roast Pumpkin with Cheese "Fondue"

READY IN



120 min.

SERVINGS



8

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 inch crusty baguette cut into 1/2-inch slices (7 ounces total)
- 6 ounces swiss cheese grated
- 6 ounces gruyere cheese grated
- 1.5 cups cup heavy whipping cream
- 0.5 teaspoon nutmeg grated
- 1 tablespoon olive oil
- 7 pound cranberry-orange relish
- 1 cup vegetable broth reduced-sodium

Equipment

- bowl
- baking sheet
- oven
- knife
- whisk
- roasting pan

Directions

- Preheat oven to 450°F with rack in lower third.
- Toast baguette slices in 1 layer on a baking sheet in oven until tops are crisp (bread will still be pale), about 7 minutes.
- Transfer to a rack to cool.
- Remove top of pumpkin by cutting a circle (3 inches in diameter) around stem with a small sharp knife. Scrape out seeds and any loose fibers from inside pumpkin with a spoon (including top of pumpkin; reserve seeds for another use if desired). Season inside of pumpkin with 1/2 teaspoon salt.
- Whisk together cream, broth, nutmeg, 1 teaspoon salt, and 1/2 teaspoon pepper in a bowl.
- Mix together cheeses in another bowl.
- Put a layer of toasted bread in bottom of pumpkin, then cover with about 1 cup cheese and about 1/2 cup cream mixture. Continue layering bread, cheese, and cream mixture until pumpkin is filled to about 1/2 inch from top, using all of cream mixture. (You may have some bread and cheese left over.)
- Cover pumpkin with top and put in an oiled small roasting pan.
- Brush outside of pumpkin all over with olive oil.
- Bake until pumpkin is tender and filling is puffed, 1 1/4 to 1 1/2 hours.
- Pumpkin can be filled 2 hours before baking and chilled.

Nutrition Facts



■ PROTEIN 12.54% ■ FAT 51.09% ■ CARBS 36.37%

Properties

Glycemic Index:26.41, Glycemic Load:17.54, Inflammation Score:-9, Nutrition Score:22.467826148738%

Flavonoids

Hesperetin: 108.15mg, Hesperetin: 108.15mg, Hesperetin: 108.15mg, Hesperetin: 108.15mg Naringenin: 60.8mg, Naringenin: 60.8mg, Naringenin: 60.8mg, Naringenin: 60.8mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 539.97kcal (27%), Fat: 31.97g (49.18%), Saturated Fat: 18.51g (115.7%), Carbohydrates: 51.21g (17.07%), Net Carbohydrates: 41.43g (15.07%), Sugar: 38.87g (43.19%), Cholesterol: 93.59mg (31.2%), Sodium: 232.68mg (10.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.66g (35.32%), Vitamin C: 211.42mg (256.27%), Calcium: 597.44mg (59.74%), Fiber: 9.78g (39.11%), Vitamin A: 1927.17IU (38.54%), Phosphorus: 336.92mg (33.69%), Folate: 130.08µg (32.52%), Vitamin B1: 0.4mg (26.5%), Potassium: 799.45mg (22.84%), Vitamin B2: 0.38mg (22.46%), Selenium: 13.63µg (19.47%), Vitamin B12: 1.05µg (17.56%), Magnesium: 58.95mg (14.74%), Zinc: 2.18mg (14.56%), Vitamin B6: 0.29mg (14.55%), Vitamin B5: 1.33mg (13.35%), Vitamin E: 1.58mg (10.52%), Copper: 0.21mg (10.37%), Vitamin B3: 1.4mg (7%), Manganese: 0.13mg (6.5%), Vitamin D: 0.84µg (5.61%), Iron: 0.68mg (3.8%), Vitamin K: 3.5µg (3.33%)