



Roast pumpkin with cream, thyme & Parmesan



Gluten Free



Popular

READY IN



115 min.

SERVINGS



6

CALORIES



310 kcal

SIDE DISH

Ingredients

- ☐ 1.5 kg pumpkin
- ☐ 300 ml double cream
- ☐ 150 ml milk
- ☐ 3 garlic clove crushed
- ☐ 2 tsp thyme leaves
- ☐ 85 g parmesan grated (or vegetarian alternative)

Equipment

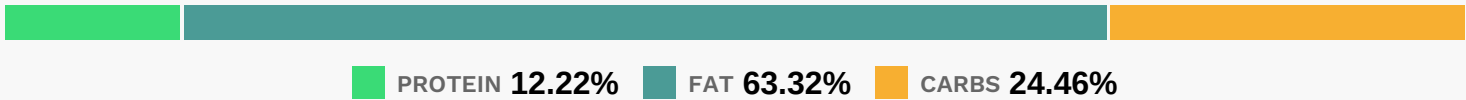
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 150C/130C fan/gas
- ☐ Cut lid off pumpkin and scoop out seeds and strands.
- ☐ Put the pumpkin on a baking tray. Meanwhile, heat the cream, milk, garlic and most of the thyme, with plenty of seasoning. When hot, pour into the pumpkin and stir in 50g of the Parmesan. Put on the lid.
- ☐ Bake for 1 hrs, take from the oven, then turn up the heat to 200C/180C fan/ gas
- ☐ Remove the lid, sprinkle with pepper and the rest of the cheese, then bake for 15 mins more until golden. Scatter over the remaining thyme leaves. Scoop the pumpkin flesh into bowls with the cheesy cream and serve with crusty bread as a starter.

Nutrition Facts



Properties

Glycemic Index:35.33, Glycemic Load:11.53, Inflammation Score:-10, Nutrition Score:17.820434715437%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 4.2mg, Luteolin: 4.2mg, Luteolin: 4.2mg, Luteolin: 4.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 309.52kcal (15.48%), Fat: 22.9g (35.24%), Saturated Fat: 14.51g (90.66%), Carbohydrates: 19.9g (6.63%), Net Carbohydrates: 18.58g (6.76%), Sugar: 9.74g (10.82%), Cholesterol: 69.56mg (23.19%), Sodium: 253.11mg (11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.9%), Vitamin A: 22187.1IU (443.74%), Calcium: 288.94mg (28.89%), Vitamin C: 23.7mg (28.72%), Potassium: 957.13mg (27.35%), Vitamin B2: 0.46mg (26.77%), Phosphorus: 266.11mg (26.61%), Vitamin E: 3.16mg (21.05%), Manganese: 0.35mg (17.33%), Copper: 0.33mg (16.69%), Iron: 2.24mg (12.44%), Vitamin B6: 0.22mg (10.91%), Magnesium: 43.65mg (10.91%), Folate: 43.17µg (10.79%), Vitamin B1: 0.16mg (10.54%), Vitamin B5: 1.04mg (10.44%), Zinc: 1.44mg (9.59%), Selenium: 6.15µg (8.78%), Vitamin B3: 1.61mg (8.07%), Vitamin D: 1.16µg (7.73%), Vitamin B12: 0.39µg (6.5%), Fiber: 1.32g (5.28%), Vitamin K: 4.7µg (4.48%)