



Scalloped Pumpkin and Spinach

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 cups low-salt chicken broth
- ☐ 1.5 cups onion thinly sliced
- ☐ 0.3 teaspoon pepper
- ☐ 2 pounds pumpkin fresh cubed peeled
- ☐ 0.5 teaspoon salt
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped

☐ 3 ounces swiss cheese shredded divided reduced-fat

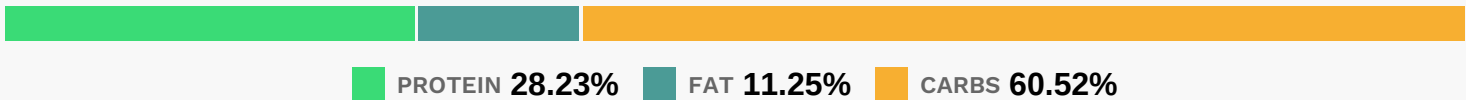
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 37
- ☐ Cook pumpkin in boiling water 8 minutes or until tender.
- ☐ Drain; set aside.
- ☐ Place a large nonstick skillet coated with cooking spray over medium heat; add onion, and saut 7 minutes or until golden brown.
- ☐ Remove onion from skillet, and set aside.
- ☐ Add flour to skillet. Gradually add broth, stirring with a whisk until blended. Cook over medium heat or until thick and bubbly (about 6 minutes), stirring constantly.
- ☐ Remove from heat; stir in salt, nutmeg, and pepper.
- ☐ Combine pumpkin, onion, 1/4 cup cheese, and spinach in a bowl. Spoon pumpkin mixture into a 6-cup gratin dish coated with cooking spray.
- ☐ Pour sauce over pumpkin mixture.
- ☐ Sprinkle 1/2 cup cheese over gratin.
- ☐ Bake at 375 for 30 minutes or until bubbly. Broil 3 minutes or until cheese is golden brown.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:15.39, Inflammation Score:-10, Nutrition Score:29.676521825402%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.71mg, Luteolin: 3.71mg, Luteolin: 3.71mg, Luteolin: 3.71mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg

Nutrients (% of daily need)

Calories: 189.87kcal (9.49%), Fat: 2.61g (4.01%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 27.09g (9.85%), Sugar: 9.76g (10.84%), Cholesterol: 7.44mg (2.48%), Sodium: 425.71mg (18.51%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 14.73g (29.45%), Vitamin A: 27652.15IU (553.04%), Vitamin K: 266.72µg (254.02%), Manganese: 0.93mg (46.67%), Folate: 166.14µg (41.54%), Calcium: 364.04mg (36.4%), Potassium: 1239.53mg (35.42%), Vitamin C: 28.75mg (34.85%), Vitamin B2: 0.58mg (33.84%), Phosphorus: 324.86mg (32.49%), Vitamin E: 4.49mg (29.95%), Copper: 0.49mg (24.69%), Magnesium: 97.37mg (24.34%), Iron: 3.94mg (21.92%), Vitamin B3: 3.89mg (19.45%), Vitamin B1: 0.27mg (18.25%), Vitamin B6: 0.37mg (18.25%), Fiber: 4.48g (17.91%), Selenium: 10.59µg (15.13%), Zinc: 2.23mg (14.88%), Vitamin B5: 0.85mg (8.52%), Vitamin B12: 0.48µg (7.92%)