



Sicilian spicy pumpkin



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

Ingredients

- ☐ 1 kg oz pumpkin peeled seeded
- ☐ 5 tbsp olive oil
- ☐ 1 garlic clove whole peeled
- ☐ 1 tbsp granulated sugar
- ☐ 1 pinch ground cinnamon
- ☐ 125 ml citrus champagne vinegar
- ☐ 1 handful mint leaves fresh

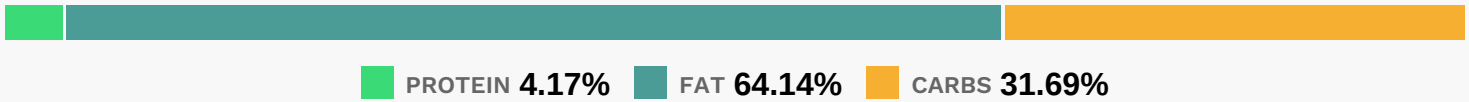
Equipment

☐ frying pan

Directions

- ☐ Cut the pumpkin flesh as you would a melon, into long, half-moon-shaped slices roughly 1cm thick.
- ☐ Heat the olive oil in a large shallow pan and fry the pumpkin with the garlic clove for about 3 mins, discarding the garlic as soon as it colours. You may need to do this in 2 batches. When all the pumpkin slices are fried, return them to the pan, draining off any excess oil first. Take off the heat.
- ☐ Dredge the pumpkin slices with the sugar and cinnamon.
- ☐ Mix well, then sprinkle with the vinegar, mint and pepper to taste. Cover with a lid or plate, and leave to infuse for at least 15 mins before serving warm or cold.

Nutrition Facts



Properties

Glycemic Index:44.27, Glycemic Load:12.96, Inflammation Score:-10, Nutrition Score:14.936956426372%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 4.22mg, Luteolin: 4.22mg, Luteolin: 4.22mg, Luteolin: 4.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 239.19kcal (11.96%), Fat: 17.77g (27.34%), Saturated Fat: 2.55g (15.93%), Carbohydrates: 19.76g (6.59%), Net Carbohydrates: 18.39g (6.69%), Sugar: 9.9g (11%), Cholesterol: 0mg (0%), Sodium: 5.85mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin A: 21325.2IU (426.5%), Vitamin E: 5.17mg (34.48%), Vitamin C: 23.21mg (28.14%), Potassium: 871.46mg (24.9%), Manganese: 0.36mg (18.01%), Vitamin B2: 0.28mg (16.42%), Copper: 0.33mg (16.33%), Iron: 2.31mg (12.83%), Vitamin K: 13.31µg (12.68%), Phosphorus: 114.43mg (11.44%), Folate: 41.17µg (10.29%), Vitamin B1: 0.13mg (8.49%), Vitamin B6: 0.16mg (8.16%), Magnesium: 32.28mg (8.07%), Vitamin B3: 1.52mg (7.61%), Vitamin B5: 0.75mg (7.53%), Calcium: 58.89mg (5.89%), Zinc: 0.83mg (5.54%), Fiber: 1.37g (5.49%), Selenium: 0.88µg (1.25%)