



Stuffed Pumpkin with Cranberry-Raisin Bread Pudding

READY IN



45 min.

SERVINGS



12

CALORIES



335 kcal

SIDE DISH

Ingredients

- 0.5 cup butter melted
- 0.5 cup cranberries fresh
- 2 large eggs
- 0.8 cup half-and-half
- 12 servings lemon-vanilla sauce
- 2 tablespoons butter divided melted
- 0.8 cup pecans toasted chopped
- 2.5 pound pumpkin

- 16 ounce raisin bread loaf cut into 1-inch cubes
- 0.5 cup sugar
- 2 tablespoons sugar divided

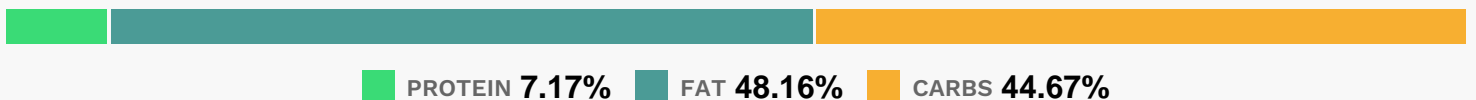
Equipment

- frying pan
- oven

Directions

- Cut off top of pumpkin, reserving lid with stem. Scoop out pumpkin seeds and pulp, and reserve for another use.
- Brush inside of pumpkin shell with 1 tablespoon melted butter.
- Sprinkle with 1 tablespoon sugar. Top with lid.
- Bake at 350 for 35 minutes.
- Brush inside of baked pumpkin shell with 1 tablespoon butter; sprinkle with 1 tablespoon sugar.
- Stir together eggs and next 6 ingredients; spoon pudding mixture into a lightly greased 8-inch square pan.
- Bake pumpkin and bread pudding at 350 for 25 minutes.
- Let pumpkin cool; spoon bread pudding evenly into pumpkin shell.
- Serve with Lemon-Vanilla Sauce.
- Note: For individual servings, substitute 12 (1/2-pound) pumpkins. Scoop out seeds and pulp; sprinkle each pumpkin shell with 1 teaspoon butter and 1 teaspoon sugar, and bake with the bread pudding. (Do not prebake as with the larger pumpkin.) Spoon bread pudding evenly into baked pumpkin shells.

Nutrition Facts



Properties

Glycemic Index:30.31, Glycemic Load:24.48, Inflammation Score:-10, Nutrition Score:14.985217477964%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg, Delphinidin: 0.82mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 2.05mg, Peonidin: 2.05mg, Peonidin: 2.05mg, Peonidin: 2.05mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 335.46kcal (16.77%), Fat: 18.75g (28.84%), Saturated Fat: 4.18g (26.09%), Carbohydrates: 39.12g (13.04%), Net Carbohydrates: 36.02g (13.1%), Sugar: 16.35g (18.16%), Cholesterol: 36.29mg (12.1%), Sodium: 264.69mg (11.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.56%), Vitamin A: 8572.83IU (171.46%), Manganese: 0.63mg (31.7%), Vitamin B2: 0.34mg (19.95%), Selenium: 11.24µg (16.06%), Vitamin C: 13.07mg (15.84%), Vitamin B1: 0.23mg (15.51%), Folate: 61.99µg (15.5%), Copper: 0.29mg (14.48%), Potassium: 484.65mg (13.85%), Phosphorus: 136.81mg (13.68%), Iron: 2.23mg (12.41%), Fiber: 3.1g (12.39%), Vitamin E: 1.76mg (11.73%), Vitamin B3: 1.99mg (9.97%), Magnesium: 33.09mg (8.27%), Calcium: 76.21mg (7.62%), Zinc: 1.06mg (7.06%), Vitamin B5: 0.69mg (6.94%), Vitamin B6: 0.13mg (6.44%), Vitamin K: 2.35µg (2.24%), Vitamin B12: 0.11µg (1.91%), Vitamin D: 0.17µg (1.11%)