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## Creamy Cheese, Potato and Pumpkin Slice ♦

This creamy and delicious cheese, potato, and pumpkin slice is a perfect comfort food. It combines the flavors of cheese, potatoes, and pumpkin to create a satisfying and flavorful dish. It can be enjoyed as a main course or as a side dish. The recipe is easy to follow and can be prepared in just a few simple steps.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 40 mins

**Total Time:** 60 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	potatoes
250 g	pumpkin
200 g	cheese
200 ml	milk

<b>2 units</b>	Eggs
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Pepper
<b>1 tsp</b>	Garlic powder
<b>2 tbsp</b>	Parsley

## Directions

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### Step 1

#### Preheating

Preheat the oven to 180°C (350°F).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Peel and slice the potatoes and pumpkin into thin slices.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

In a bowl, whisk together the eggs, milk, salt, pepper, and garlic powder.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Layering

Layer the sliced potatoes, pumpkin, and cheese in a baking dish.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Pouring

Pour the egg mixture over the layered ingredients.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Sprinkling

Sprinkle parsley on top.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 7

### Baking

Bake in the preheated oven for 40 minutes or until golden and cooked through.

**Prep Time:** 0 mins

**Cook Time:** 40 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 20 g

**Protein:** 15 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	150 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	8 mg	53.33%	53.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	10 mcg	66.67%	66.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	6 mg	54.55%	75%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Fall

### Cuisines

Italian

### Nutritional Content

Low Calorie

### Kitchen Tools

Blender

Slow Cooker

## Diet

Anti-Inflammatory Diet

## Cooking Method

Grilling

Baking

Boiling

Blanching

Resting

Serving

Cooking

Heating

## Healthy For

Gastroesophageal reflux disease (GERD)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Pancreatitis

## Meal Type

Brunch

Supper

## Difficulty Level

Medium

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