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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
<b>250</b> g	pumpkin
200 g	cheese
200 ml	milk

2 units	Eggs
1 tsp	Salt
1 tsp	Pepper
1 tsp	Garlic powder
2 tbsp	Parsley

## **Directions**

### Step 1

## Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

## Step 2

#### Cutting

Peel and slice the potatoes and pumpkin into thin slices.

Prep Time: 10 mins

Cook Time: 0 mins

#### Step 3

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 4

Layering

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

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 5

Pouring

Pour the egg mixture over the layered ingredients.

Prep Time: 5 mins

Cook Time: 0 mins

### Step 6

Sprinkling

Sprinkle parsley on top.

Prep Time: 2 mins

Cook Time: 0 mins

## 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

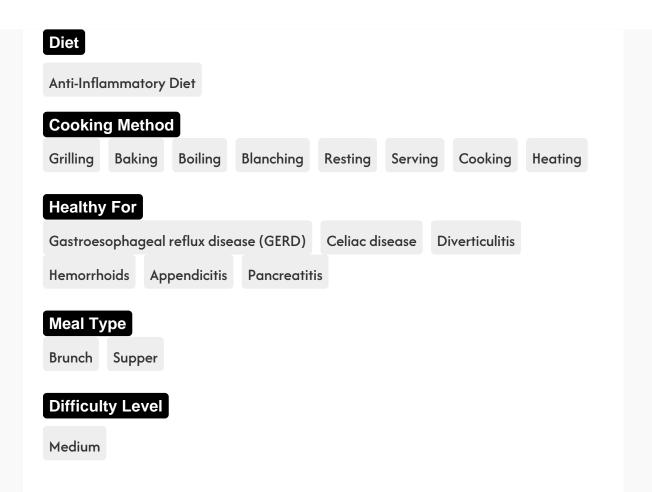
Italian

Nutritional Content

Low Calorie

Kitchen Tools

Blender Slow Cooker



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