

Stuffed Pumpkin

Ingredients

- 5 lb pumpkin
- 6 eggs
- 2 cups heavy whipping cream
- $\frac{1}{2}$ cup packed brown sugar
- 1 Tbsp honey
- $\frac{1}{2}$ tsp ground nutmeg
- $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{4}$ tsp ground ginger
- 1 Tbsp butter

Directions

1. Preheat oven to 350°F.
2. Cut the lid off the pumpkin and remove the seeds.
3. Combine the eggs, whipping cream, brown sugar, honey, nutmeg, cinnamon, and ginger. Pour mixture into pumpkin shell and top with butter.
4. Replace lid on pumpkin and place on baking pan. Bake for 1 to $1\frac{1}{2}$ hours or until mixture has set like a custard.
5. Allow to cool and serve directly from pumpkin.

Handling & Storage

Store pumpkins at room temperature up to a month or in a refrigerator up to 3 months. Wrap cut pumpkin in plastic and refrigerate up to 5 days.

To prepare pumpkins, wash pumpkin and cut lengthwise. Remove

and discard the seeds and excess fiber. Trim skin with a paring knife or peeler if desired. Cook as desired.

Nutritional Information

Calories: 224

Total Fat: 15.9 g

Saturated Fat: 8.9 g

Trans Fat: 0.0 g

Cholesterol: 168 mg

Sodium: 71 mg

Total Carbohydrates: 16.6 g

Dietary Fiber: 0.5 g

Sugars: 12.2 g

Protein: 5.5 g

Serves: 8