



3%
HEALTH SCORE

Bachelor's Creamy Pumpkin Soup

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



244 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 15 ounce pumpkin puree canned
- 1 cup heavy whipping cream
- 10.8 ounce condensed cream of potato soup canned
- 1 cup croutons
- 0.5 teaspoon garlic powder to taste
- 0.5 teaspoon ginger
- 0.3 teaspoon pepper black to taste

- 1 pinch paprika for garnish
- 1 teaspoon salt to taste
- 1.3 cups water

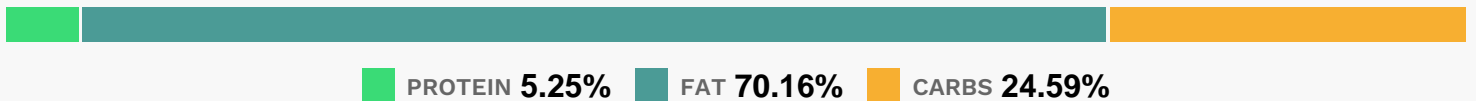
Equipment

- sauce pan

Directions

- In a saucepan over medium heat, combine the cream of potato soup, water, pumpkin, butter, and cream. Season with salt, pepper, garlic powder, and ginger. Stir until blended, and bring to a simmer. Reduce heat to low, and simmer for 15 minutes.
- Remove from heat, and pour into a tureen.
- Sprinkle the top with paprika, and top with seasoned croutons.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:2.49, Inflammation Score:-10, Nutrition Score:10.591739105142%

Nutrients (% of daily need)

Calories: 243.96kcal (12.2%), Fat: 19.6g (30.15%), Saturated Fat: 12.2g (76.23%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 12.89g (4.69%), Sugar: 4.37g (4.85%), Cholesterol: 57.4mg (19.13%), Sodium: 776.7mg (33.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin A: 11773.01IU (235.46%), Manganese: 0.3mg (14.9%), Vitamin K: 13.65µg (13%), Fiber: 2.57g (10.26%), Copper: 0.2mg (10.05%), Vitamin E: 1.27mg (8.45%), Vitamin B2: 0.14mg (8.44%), Iron: 1.45mg (8.07%), Vitamin B5: 0.77mg (7.71%), Phosphorus: 74.75mg (7.48%), Potassium: 251.61mg (7.19%), Selenium: 4.43µg (6.32%), Calcium: 60mg (6%), Magnesium: 22.17mg (5.54%), Vitamin B1: 0.07mg (4.79%), Folate: 18.01µg (4.5%), Vitamin D: 0.63µg (4.23%), Vitamin B3: 0.78mg (3.92%), Vitamin C: 3.23mg (3.91%), Vitamin B6: 0.08mg (3.76%), Zinc: 0.53mg (3.56%), Vitamin B12: 0.09µg (1.53%)