



Cream of Pumpkin Curry Soup

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



209 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons butter
- ☐ 3 maggi® chicken bouillon cube
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 teaspoon curry powder
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 teaspoon ground coriander
- ☐ 1 cup half-and-half
- ☐ 1 cup onion finely chopped

- ☐ 15 ounce libby's® pumpkin 100% pure canned
- ☐ 0.5 teaspoon salt
- ☐ 3 cups water

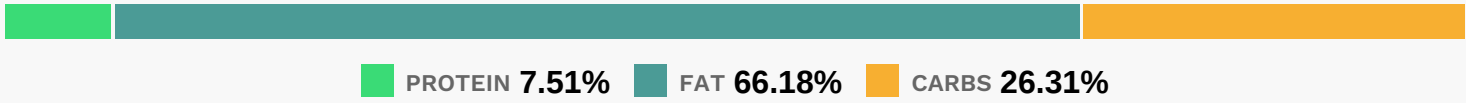
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ MELT butter in large saucepan over medium-high heat.
- ☐ Add onion and garlic; cook for 3 to 5 minutes or until tender. Stir in curry powder, salt, coriander and crushed red pepper; cook for 1 minute.
- ☐ Add water and bouillon; bring to a boil. Reduce heat to low; cook, stirring occasionally, for 15 to 20 minutes to develop flavors. Stir in pumpkin and half-and-half; cook for 5 minutes or until heated through.
- ☐ TRANSFER mixture to food processor or blender (in batches, if necessary); cover. Blend until creamy.
- ☐ Serve warm or reheat to desired temperature.
- ☐ Garnish with dollop of sour cream and chives.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:5.5, Inflammation Score:-10, Nutrition Score:11.745652188425%

Flavonoids

Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg, Luteolin: 1.74mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 209.48kcal (10.47%), Fat: 16.14g (24.83%), Saturated Fat: 9.84g (61.5%), Carbohydrates: 14.43g (4.81%), Net Carbohydrates: 12.97g (4.71%), Sugar: 7.68g (8.54%), Cholesterol: 44.14mg (14.71%), Sodium: 1124.35mg (48.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin A: 9551.18IU (191.02%), Vitamin C: 13.42mg (16.27%), Vitamin B2: 0.26mg (15.57%), Potassium: 525.09mg (15%), Phosphorus: 126.94mg (12.69%), Calcium: 114.73mg (11.47%), Manganese: 0.23mg (11.39%), Vitamin E: 1.68mg (11.19%), Copper: 0.19mg (9.64%), Vitamin B6: 0.16mg (8.14%), Folate: 28.51µg (7.13%), Magnesium: 28.44mg (7.11%), Iron: 1.19mg (6.62%), Vitamin B1: 0.1mg (6.43%), Fiber: 1.47g (5.87%), Vitamin B5: 0.58mg (5.75%), Selenium: 3.64µg (5.2%), Zinc: 0.71mg (4.75%), Vitamin B3: 0.86mg (4.3%), Vitamin K: 3.43µg (3.27%), Vitamin B12: 0.14µg (2.36%)