



Creamy pumpkin & lentil soup

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



233 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 2 onion chopped
- ☐ 2 garlic clove chopped
- ☐ 800 g pumpkin chopped
- ☐ 100 g lentils split red
- ☐ 0.5 small thyme leaves leaves picked
- ☐ 1l vegetable stock hot
- ☐ 1 pinch salt

☐ 50 g crème fraîche

Equipment

☐ food processor

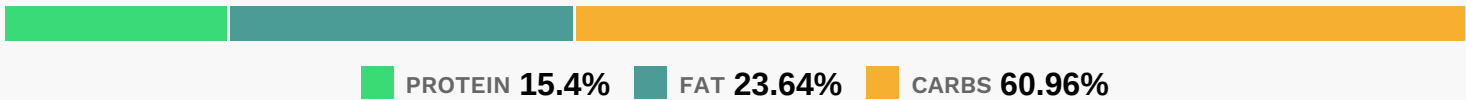
☐ frying pan

☐ immersion blender

Directions

- ☐ Heat the oil in a large pan. Fry the onions until softened and starting to turn golden. Stir in the garlic, pumpkin flesh, lentils and thyme, then pour in the hot stock. Season, cover and simmer for 20–25 mins until the lentils and vegetables are tender.
- ☐ Meanwhile, wash the pumpkin seeds.
- ☐ Remove any flesh still clinging to them, then dry them with kitchen paper.
- ☐ Heat the 1 tsp oil in a non-stick pan and fry the seeds until they start to jump and pop. Stir frequently, but cover the pan in between to keep them in it. When the seeds look nutty and toasted, add a sprinkling of salt and a pinch of sugar, and stir well.
- ☐ Whizz the cooked pumpkin mixture with a hand blender or in a food processor until smooth, then add the crme frache and whizz again. Taste for seasoning.
- ☐ Serve with a spoonful of crme frache, a few thyme leaves and the toasted seeds scattered on top.

Nutrition Facts



Properties

Glycemic Index:60.9, Glycemic Load:13.17, Inflammation Score:-10, Nutrition Score:21.032173776108%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.33mg, Luteolin: 3.33mg, Luteolin: 3.33mg, Luteolin: 3.33mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

Galocatechin: 0.04mg, Galocatechin: 0.04mg, Galocatechin: 0.04mg, Galocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 232.72kcal (11.64%), Fat: 6.45g (9.93%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 37.44g (12.48%), Net Carbohydrates: 27.83g (10.12%), Sugar: 10.91g (12.12%), Cholesterol: 7.38mg (2.46%), Sodium: 1012.89mg (44.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.92%), Vitamin A: 17649.72IU (352.99%), Folate: 163.05µg (40.76%), Fiber: 9.61g (38.44%), Manganese: 0.68mg (34.1%), Potassium: 1021.49mg (29.19%), Vitamin C: 23.95mg (29.03%), Vitamin B1: 0.35mg (23.27%), Phosphorus: 228.63mg (22.86%), Copper: 0.41mg (20.63%), Iron: 3.68mg (20.42%), Vitamin E: 2.81mg (18.71%), Vitamin B2: 0.31mg (18.28%), Vitamin B6: 0.35mg (17.36%), Magnesium: 61.83mg (15.46%), Zinc: 1.99mg (13.26%), Vitamin B5: 1.25mg (12.5%), Vitamin B3: 1.94mg (9.7%), Calcium: 84.54mg (8.45%), Vitamin K: 5.99µg (5.7%), Selenium: 3.63µg (5.18%)