



Creamy Pumpkin-Red Pepper Soup



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



166 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon five spice powder
- ☐ 5 cups chicken stock see (such as Swanson)
- ☐ 1 teaspoon garlic fresh minced
- ☐ 0.3 cup spring onion chopped
- ☐ 1 teaspoon ground cumin
- ☐ 2 teaspoons olive oil
- ☐ 3 cups pumpkin fresh peeled chopped
- ☐ 2.5 cups bell pepper red chopped

- ☐ 0.4 teaspoon salt divided
- ☐ 1.5 cups sweet potatoes and into peeled chopped
- ☐ 1 tablespoon butter unsalted

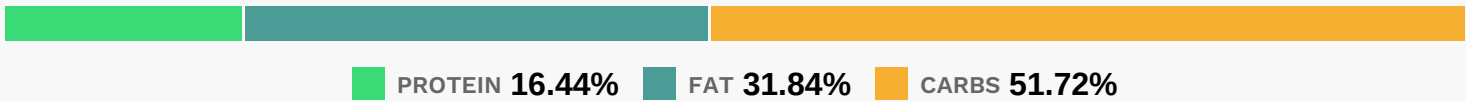
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 8 ingredients in a large bowl.
- ☐ Sprinkle with 1/8 teaspoon salt; toss well.
- ☐ Place vegetable mixture in a single layer on a jelly-roll pan.
- ☐ Bake at 400 for 30 minutes or until tender, stirring once.
- ☐ Combine vegetables, stock, and remaining 1/4 teaspoon salt in a large saucepan; bring to a boil. Reduce heat; simmer 5 minutes.
- ☐ Place half of vegetable mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Process until smooth.
- ☐ Pour into a large bowl. Repeat procedure with remaining vegetable mixture. Stir in butter. Top with rosemary, if desired.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:6.72, Inflammation Score:-10, Nutrition Score:18.478260902931%

Flavonoids

Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 165.91kcal (8.3%), Fat: 6.08g (9.35%), Saturated Fat: 2.11g (13.18%), Carbohydrates: 22.22g (7.41%), Net Carbohydrates: 19.37g (7.05%), Sugar: 8.87g (9.85%), Cholesterol: 11.02mg (3.67%), Sodium: 454.39mg (19.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.12%), Vitamin A: 11710.75IU (234.21%), Vitamin C: 86.99mg (105.44%), Vitamin B3: 4.36mg (21.82%), Vitamin B6: 0.42mg (21.11%), Potassium: 679.92mg (19.43%), Vitamin B2: 0.31mg (18.5%), Vitamin K: 14.3µg (13.62%), Folate: 54.35µg (13.59%), Manganese: 0.27mg (13.49%), Vitamin E: 2.02mg (13.48%), Copper: 0.26mg (12.84%), Phosphorus: 118.75mg (11.88%), Fiber: 2.84g (11.37%), Vitamin B1: 0.17mg (11.08%), Iron: 1.9mg (10.56%), Magnesium: 34.08mg (8.52%), Selenium: 5.01µg (7.15%), Vitamin B5: 0.65mg (6.5%), Zinc: 0.8mg (5.31%), Calcium: 44.48mg (4.45%)