



Creamy Pumpkin Soup

READY IN



45 min.

SERVINGS



5

CALORIES



133 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon curry powder
- ☐ 0.8 teaspoon rubbed sage dried
- ☐ 0.5 cup evaporated skim milk
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 31.5 ounce low-salt chicken broth canned
- ☐ 2 teaspoons butter
- ☐ 1 cup mcintosh sweet peeled chopped
- ☐ 1 cup onion chopped

- ☐ 1 pound pumpkin fresh cubed peeled
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon tomato paste

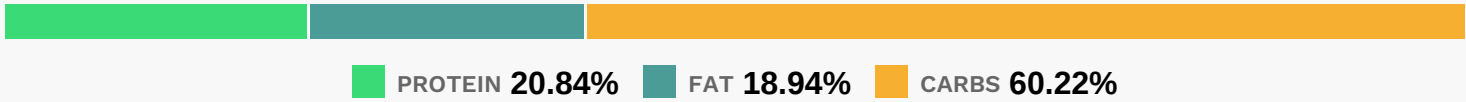
Equipment

- ☐ food processor
- ☐ whisk
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Melt margarine in a Dutch oven over medium heat.
- ☐ Add onion; saut 3 minutes.
- ☐ Add sage, curry powder, and nutmeg; cook 30 seconds. Stir in flour; cook 30 seconds.
- ☐ Add broth, tomato paste, and salt, stirring well with a whisk. Stir in pumpkin and apple; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until pumpkin is tender, stirring occasionally.
- ☐ Remove from heat; cool slightly.
- ☐ Place mixture in a blender or food processor; process until smooth. Return mixture to Dutch oven; add milk. Cook until thoroughly heated.
- ☐ Garnish with sage sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:65.2, Glycemic Load:8.21, Inflammation Score:-10, Nutrition Score:13.005652220353%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin:

0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 132.54kcal (6.63%), Fat: 3.02g (4.65%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 21.63g (7.21%), Net Carbohydrates: 19.69g (7.16%), Sugar: 10.05g (11.16%), Cholesterol: 1.02mg (0.34%), Sodium: 246.08mg (10.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.97%), Vitamin A: 7961.17IU (159.22%), Potassium: 662.23mg (18.92%), Vitamin B3: 3.47mg (17.35%), Phosphorus: 164.35mg (16.43%), Vitamin B2: 0.28mg (16.24%), Vitamin C: 12.73mg (15.42%), Copper: 0.25mg (12.53%), Calcium: 113.18mg (11.32%), Manganese: 0.22mg (10.88%), Iron: 1.64mg (9.13%), Vitamin E: 1.26mg (8.4%), Folate: 32.71µg (8.18%), Fiber: 1.94g (7.77%), Vitamin B1: 0.11mg (7.62%), Vitamin B6: 0.15mg (7.39%), Magnesium: 27.19mg (6.8%), Zinc: 0.83mg (5.51%), Vitamin B5: 0.54mg (5.4%), Vitamin B12: 0.24µg (4.03%), Selenium: 2.8µg (4.01%), Vitamin D: 0.51µg (3.41%), Vitamin K: 2.51µg (2.39%)