



Crema de Ahuyama o Calabaza (Pumpkin Soup)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



185 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 large carrots diced peeled
- ☐ 5 cups chicken broth
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 garlic cloves
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup heavy cream

- ☐ 2 tablespoons honey
- ☐ 0.5 cup milk
- ☐ 0.5 cup onions chopped
- ☐ 1 pumpkin diced peeled
- ☐ 6 servings salt and pepper
- ☐ 1 scallion chopped

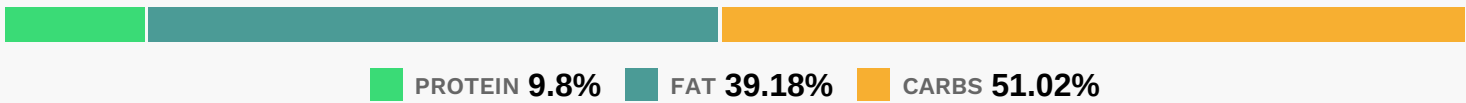
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ immersion blender

Directions

- ☐ In a large pot over medium heat, warm the butter.
- ☐ Add the carrots, onions, garlic, scallions. Cook, stirring occasionally, until the vegetables begin to soften, about 7 minutes.
- ☐ Add the cumin, cinnamon and cook, stirring frequently, for 1 minute.
- ☐ Add the pumpkin, honey, salt, pepper and broth, cover the pot and bring to a boil. Reduce the heat to medium-low and simmer for 25 minutes. Using an immersion blender, puree the soup until smooth.
- ☐ Add the milk and heavy cream and cook for 5 minutes more. Ladle the soup into bowls and drizzle with cream.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:59.68, Glycemic Load:13.95, Inflammation Score:-10, Nutrition Score:15.993478287821%

Flavonoids

Luteolin: 3.71mg, Luteolin: 3.71mg, Luteolin: 3.71mg, Luteolin: 3.71mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 184.55kcal (9.23%), Fat: 8.74g (13.45%), Saturated Fat: 5.21g (32.59%), Carbohydrates: 25.61g (8.54%), Net Carbohydrates: 23.77g (8.64%), Sugar: 15.31g (17.01%), Cholesterol: 27.6mg (9.2%), Sodium: 972.88mg (42.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Vitamin A: 21622.76IU (432.46%), Vitamin C: 22.89mg (27.75%), Potassium: 921.37mg (26.32%), Vitamin B2: 0.43mg (25.27%), Manganese: 0.45mg (22.74%), Vitamin E: 2.79mg (18.61%), Copper: 0.34mg (16.91%), Phosphorus: 146.48mg (14.65%), Vitamin B1: 0.19mg (12.42%), Iron: 2.22mg (12.34%), Folate: 43.09µg (10.77%), Vitamin B6: 0.2mg (10.15%), Calcium: 101.31mg (10.13%), Vitamin B3: 1.99mg (9.93%), Magnesium: 36.61mg (9.15%), Vitamin B5: 0.86mg (8.61%), Vitamin K: 9.03µg (8.6%), Fiber: 1.84g (7.38%), Zinc: 1.07mg (7.13%), Selenium: 2.49µg (3.56%), Vitamin B12: 0.17µg (2.88%), Vitamin D: 0.38µg (2.55%)