



Cumin Pumpkin Soup

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



84 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bay leaves
- 15 ounce pumpkin canned (not pie filling)
- 4 servings sage leaves fresh
- 1 teaspoon ground cumin
- 4 servings salt and ground pepper black
- 1.5 cups chicken broth reduced-sodium
- 1 cup lowfat milk
- 4 servings popcorn and pumpkin seeds for garnish

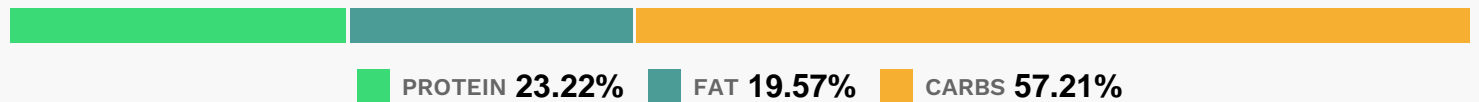
Equipment

- frying pan
- sauce pan
- whisk

Directions

- In a medium saucepan, whisk together pumpkin, broth, milk, and cumin.
- Add bay leaves and set pan over medium heat. Season with salt and pepper. Bring to a simmer. Simmer 10 minutes.
- Remove from heat, remove bay leaves and season, to taste, with salt and black pepper.
- Garnish with sage, popcorn and pumpkin seeds before serving.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.03, Inflammation Score:-10, Nutrition Score:12.432608708091%

Nutrients (% of daily need)

Calories: 83.61kcal (4.18%), Fat: 2g (3.08%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 13.16g (4.39%), Net Carbohydrates: 9.92g (3.61%), Sugar: 6.58g (7.31%), Cholesterol: 2.95mg (0.98%), Sodium: 55.82mg (2.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.68%), Vitamin A: 16670.93IU (333.42%), Vitamin K: 17.33µg (16.51%), Copper: 0.3mg (15.09%), Phosphorus: 139.58mg (13.96%), Fiber: 3.24g (12.95%), Manganese: 0.24mg (12.16%), Iron: 2.12mg (11.77%), Potassium: 407.72mg (11.65%), Calcium: 111.76mg (11.18%), Magnesium: 40.47mg (10.12%), Vitamin B2: 0.17mg (10.01%), Vitamin B3: 1.74mg (8.72%), Vitamin E: 1.18mg (7.85%), Vitamin B12: 0.45µg (7.47%), Vitamin B5: 0.65mg (6.47%), Vitamin C: 4.55mg (5.51%), Vitamin B6: 0.11mg (5.43%), Vitamin B1: 0.07mg (4.35%), Vitamin D: 0.65µg (4.33%), Zinc: 0.63mg (4.19%), Folate: 14.67µg (3.67%), Selenium: 1.79µg (2.56%)