



Curried Pumpkin Soup

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



129 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 macintosh apples cored peeled chopped
- 1 tablespoon butter
- 15 ounce pumpkin puree canned
- 4 cups chicken broth
- 1 tablespoon curry powder
- 2 cloves garlic crushed
- 1 teaspoon ground cumin
- 1 onion finely chopped

- 1 cup water
- 1 teaspoon sugar white

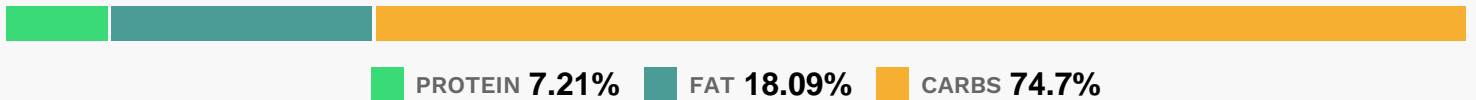
Equipment

- food processor
- sauce pan
- blender

Directions

- Melt butter in a large saucepan over medium heat.
- Add onion, garlic, curry, and cumin; saute, stirring often, until onion is soft and fragrant.
- Stir in apples, pumpkin, broth, water, and sugar. Bring to a boil, stirring often. Cover, and reduce heat to low. Simmer for 25 minutes, stirring occasionally.
- Puree soup in a food processor or a blender.
- Return soup to saucepan; reheat, covered, over low heat.

Nutrition Facts



Properties

Glycemic Index:36.52, Glycemic Load:5.38, Inflammation Score:-10, Nutrition Score:11.336086970309%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.6mg, Quercetin: 8.6mg, Quercetin: 8.6mg, Quercetin: 8.6mg

Nutrients (% of daily need)

Calories: 129.21kcal (6.46%), Fat: 2.86g (4.41%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 26.6g (8.87%), Net Carbohydrates: 20.94g (7.61%), Sugar: 17.12g (19.02%), Cholesterol: 8.15mg (2.72%), Sodium: 604.96mg (26.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Vitamin A: 11171.6IU (223.43%), Fiber: 5.67g (22.67%), Manganese: 0.31mg (15.73%), Vitamin K: 15.28µg (14.55%), Vitamin C: 10.37mg (12.57%), Potassium: 356.77mg (10.19%), Vitamin B2: 0.17mg (10.18%), Iron: 1.81mg (10.08%), Vitamin E: 1.32mg (8.81%), Copper: 0.16mg (7.98%), Magnesium: 30.22mg (7.55%), Vitamin B6: 0.14mg (6.84%), Vitamin B1: 0.09mg (5.71%), Phosphorus: 56.98mg (5.7%), Calcium: 47.63mg (4.76%), Folate: 17.3µg (4.33%), Vitamin B5: 0.4mg (4.03%), Vitamin B3: 0.79mg (3.96%), Zinc: 0.38mg (2.56%), Selenium: 1.36µg (1.94%)