



Curried Pumpkin Soup

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



176 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons brown mustard seeds
- ☐ 8 curry leaves fresh
- ☐ 1.5 tablespoons ginger fresh minced peeled
- ☐ 2 large garlic clove minced
- ☐ 0.1 teaspoon ground cardamom
- ☐ 1 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 12 fl. oz. chicken broth reduced-sodium

- ☐ 0.3 cup olive oil
- ☐ 2 cups onion finely chopped
- ☐ 0.8 teaspoon pepper dried red hot
- ☐ 1.5 teaspoons salt
- ☐ 30 oz pumpkin puree canned ()
- ☐ 2 tablespoons butter unsalted
- ☐ 14 oz coconut milk unsweetened low-fat canned (not)
- ☐ 4 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Cook onions in butter in a wide 6-quart heavy pot over moderately low heat, stirring occasionally, until softened, 3 to 5 minutes.
- ☐ Add garlic and ginger and cook, stirring, 1 minute.
- ☐ Add cumin, coriander, and cardamom and cook, stirring, 1 minute. Stir in salt, red pepper flakes, pumpkin, water, broth, and coconut milk and simmer, uncovered, stirring occasionally, 30 minutes. Purée soup in batches in a blender until smooth (use caution when blending hot liquids), transferring to a large bowl, and return soup to pot. Keep soup warm over low heat.
- ☐ Heat oil in a small heavy skillet over moderately high heat until hot but not smoking, then cook mustard seeds until they begin to pop, about 15 seconds.
- ☐ Add curry leaves and cook 5 seconds, then pour mixture into pumpkin soup. Stir until combined well and season soup with salt. Soup can be thinned with additional water.
- ☐ Soup can be made 1 day ahead and cooled completely, uncovered, then chilled, covered.

Nutrition Facts



 **PROTEIN 5.55%**  **FAT 70.82%**  **CARBS 23.63%**

Properties

Glycemic Index:6.83, Glycemic Load:0.62, Inflammation Score:-10, Nutrition Score:14.239130509288%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 176.13kcal (8.81%), Fat: 14.81g (22.78%), Saturated Fat: 8.98g (56.12%), Carbohydrates: 11.12g (3.71%), Net Carbohydrates: 7.67g (2.79%), Sugar: 4.65g (5.17%), Cholesterol: 5.02mg (1.67%), Sodium: 316.29mg (13.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.23%), Vitamin A: 11155.48IU (223.11%), Vitamin B3: 8.66mg (43.3%), Folate: 97.47µg (24.37%), Manganese: 0.48mg (23.87%), Vitamin C: 19.48mg (23.61%), Vitamin K: 14.51µg (13.82%), Fiber: 3.44g (13.77%), Iron: 1.97mg (10.92%), Copper: 0.21mg (10.61%), Vitamin E: 1.57mg (10.47%), Potassium: 314.52mg (8.99%), Magnesium: 35.06mg (8.76%), Phosphorus: 79.19mg (7.92%), Vitamin B6: 0.1mg (4.87%), Calcium: 42.82mg (4.28%), Vitamin B5: 0.39mg (3.85%), Selenium: 2.69µg (3.84%), Vitamin B2: 0.06mg (3.5%), Zinc: 0.47mg (3.13%), Vitamin B1: 0.04mg (2.83%)