



Curried Pumpkin Soup with Spicy Pumpkin Seeds

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



349 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 30 oz pumpkin canned
- ☐ 0.3 teaspoon cayenne
- ☐ 0.1 teaspoon chili powder
- ☐ 1 teaspoon cumin
- ☐ 2 tablespoons curry powder
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons ginger fresh minced

- ☐ 3 cups chicken broth low-sodium
- ☐ 1 cup onion finely chopped
- ☐ 6 servings yogurt plain for serving, optional
- ☐ 0.5 cup pumpkin seeds raw
- ☐ 2.5 cups golden delicious apples cored peeled finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 6 servings salt and pepper
- ☐ 0.5 teaspoon sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 2 teaspoons butter unsalted
- ☐ 13.6 oz coconut milk light unsweetened canned

Equipment

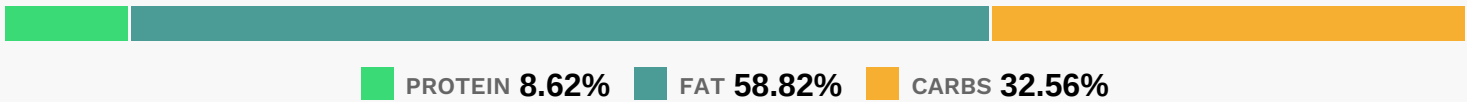
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ blender

Directions

- ☐ Prepare pumpkin seeds: In a bowl, stir together cayenne, sugar and salt. Melt butter in a skillet over medium heat. When butter sizzles, add pumpkin seeds and cook, stirring, 3 minutes.
- ☐ Sprinkle in spice mixture and continue to cook, stirring, until seeds are toasted, 2 to 3 minutes longer.
- ☐ Remove to a bowl and let cool.
- ☐ Make soup: Melt butter in a large pot over medium heat.
- ☐ Add onion, apples and ginger and saut until tender, about 8 minutes.
- ☐ Sprinkle flour, cumin and curry and chili powders over onion mixture and stir for 1 minute (mixture will be dry).

- ☐
- Gradually whisk in broth and cook, stirring occasionally, until mixture begins to thicken, about 6 minutes.
- ☐
- Whisk in pumpkin and coconut milk. Season with salt and pepper. Bring to a low boil and cook for 5 minutes, stirring often. Reduce heat and simmer for 10 minutes.
- ☐
- Remove from heat and let cool slightly.
- ☐
- Working in batches, pour soup into blender and blend until smooth. Return to pot to rewarm.
- ☐
- Serve hot, topped with yogurt, if desired, and sprinkled with pumpkin seeds.

Nutrition Facts



Properties

Glycemic Index:48.35, Glycemic Load:4.19, Inflammation Score:-10, Nutrition Score:20.376087028047%

Flavonoids

Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 3.92mg, Epicatechin: 3.92mg, Epicatechin: 3.92mg, Epicatechin: 3.92mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg 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: 348.84kcal (17.44%), Fat: 24.71g (38.02%), Saturated Fat: 17.8g (111.26%), Carbohydrates: 30.78g (10.26%), Net Carbohydrates: 22.38g (8.14%), Sugar: 14.1g (15.67%), Cholesterol: 13.75mg (4.58%), Sodium: 348.59mg (15.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.3%), Vitamin A: 22319.94IU (446.4%), Manganese: 1.22mg (60.87%), Fiber: 8.4g (33.59%), Iron: 4.82mg (26.79%), Vitamin K: 26.97µg (25.68%), Magnesium: 102.7mg (25.67%), Copper: 0.51mg (25.45%), Phosphorus: 243.47mg (24.35%), Potassium: 755.1mg (21.57%), Vitamin E: 2.46mg (16.41%), Vitamin B3: 3.23mg (16.17%), Vitamin C: 12.66mg (15.35%), Folate: 45.32µg (11.33%), Vitamin B6: 0.21mg (10.3%), Vitamin B2: 0.17mg (9.73%), Zinc: 1.41mg (9.41%), Selenium: 6.51µg (9.3%), Vitamin B5: 0.82mg (8.16%), Calcium: 80.15mg (8.02%), Vitamin B1: 0.11mg (7.65%), Vitamin B12: 0.13µg (2.21%)