



Curried Pumpkin-Vegetable Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



140 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 1 clove garlic minced
- ☐ 2 cups savory vegetable mixed frozen (from 1-lb bag)
- ☐ 15 oz pumpkin puree canned
- ☐ 14.5 oz tomatoes diced undrained canned
- ☐ 14 oz fat-skimmed beef broth fat-free 33% with less sodium canned
- ☐ 0.5 cup water

- ☐ 0.5 teaspoon sugar
- ☐ 1.5 teaspoons curry powder
- ☐ 1 teaspoon paprika

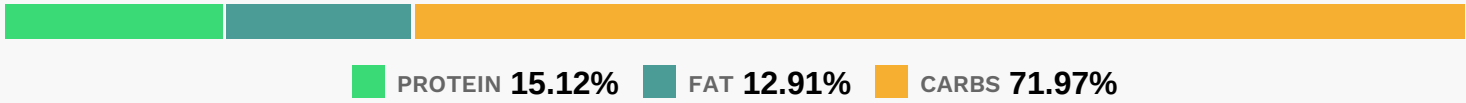
Equipment

- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat oil over medium-high heat.
- ☐ Add onion and garlic; cook 1 to 2 minutes, stirring frequently, until onion is crisp-tender.
- ☐ Stir in all remaining ingredients.
- ☐ Heat to boiling. Reduce heat to low; cover and simmer 10 to 12 minutes, stirring occasionally, until vegetables are tender. If desired, season to taste with pepper.

Nutrition Facts



Properties

Glycemic Index:48.02, Glycemic Load:4.73, Inflammation Score:-10, Nutrition Score:18.167391320933%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 139.55kcal (6.98%), Fat: 2.27g (3.49%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 28.42g (9.47%), Net Carbohydrates: 19.89g (7.23%), Sugar: 7.53g (8.37%), Cholesterol: 0mg (0%), Sodium: 604.03mg (26.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Vitamin A: 21540.49IU (430.81%), Fiber: 8.53g (34.12%), Vitamin C: 25.29mg (30.66%), Manganese: 0.55mg (27.45%), Iron: 3.87mg (21.48%), Vitamin K: 21.83µg (20.79%), Potassium: 690.09mg (19.72%), Vitamin B6: 0.33mg (16.37%), Magnesium: 63.87mg (15.97%), Copper: 0.31mg (15.63%), Vitamin E: 2.28mg (15.23%), Vitamin B3: 2.92mg (14.6%), Vitamin B1: 0.2mg (13.6%), Folate: 53.58µg (13.4%), Vitamin B2: 0.23mg (13.33%), Phosphorus: 132.47mg (13.25%), Calcium: 97.81mg (9.78%), Vitamin

B5: 0.86mg (8.56%), Zinc: 0.85mg (5.68%), Selenium: 3.44µg (4.92%), Vitamin B12: 0.2µg (3.31%)