



Curry Pumpkin Soup



Vegetarian



Popular

READY IN



20 min.

SERVINGS



8

CALORIES



149 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 29 ounce pumpkin canned
- ☐ 2 tablespoons curry powder
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.5 cups half-and-half cream
- ☐ 8 servings salt and pepper to taste
- ☐ 2 tablespoons soya sauce
- ☐ 4 cups vegetable broth

☐ 1 tablespoon sugar white

Equipment

☐ baking sheet

☐ oven

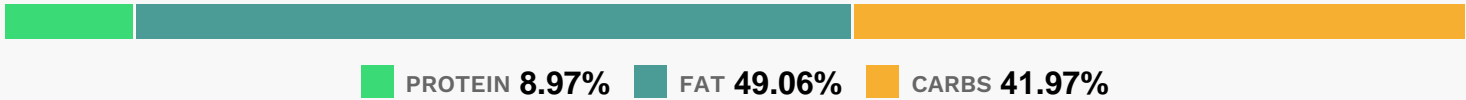
☐ whisk

☐ pot

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Arrange pumpkin seeds in a single layer on a baking sheet. Toast in preheated oven for about 10 minutes, or until seeds begin to brown.
- ☐ Melt butter in a large pot over medium heat. Stir in flour and curry powder until smooth. Cook, stirring, until mixture begins to bubble. Gradually whisk in broth, and cook until thickened. Stir in pumpkin and half-and-half. Season with soy sauce, sugar, salt, and pepper. Bring just to a boil, then remove from heat.
- ☐ Garnish with roasted pumpkin seeds.

Nutrition Facts



Properties

Glycemic Index:32.51, Glycemic Load:3.33, Inflammation Score:-10, Nutrition Score:11.316956478616%

Nutrients (% of daily need)

Calories: 148.94kcal (7.45%), Fat: 8.59g (13.21%), Saturated Fat: 5.18g (32.36%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 12.94g (4.71%), Sugar: 7.89g (8.77%), Cholesterol: 23.41mg (7.8%), Sodium: 971.33mg (42.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.07%), Vitamin A: 16506.79IU (330.14%), Vitamin K: 18.78µg (17.89%), Fiber: 3.59g (14.36%), Manganese: 0.26mg (13.01%), Iron: 2.14mg (11.86%), Vitamin E: 1.62mg (10.77%), Vitamin B2: 0.17mg (10%), Phosphorus: 94.04mg (9.4%), Potassium: 308.2mg (8.81%), Magnesium: 34.48mg (8.62%), Calcium: 84.74mg (8.47%), Copper: 0.14mg (6.83%), Vitamin C: 4.9mg (5.93%), Vitamin B5: 0.58mg (5.75%), Folate: 22.07µg (5.52%), Vitamin B6: 0.11mg (5.39%), Selenium: 3.15µg (4.51%), Vitamin B1: 0.07mg (4.47%), Vitamin B3: 0.82mg (4.12%), Zinc: 0.46mg (3.04%), Vitamin B12: 0.09µg (1.54%)