



Farmer John's Pumpkin Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



106 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 2 tablespoons butter
- ☐ 2 carrots peeled coarsely chopped (8 oz. total)
- ☐ 4 oz celery rinsed coarsely chopped
- ☐ 1 cup cream sour
- ☐ 2 teaspoons ginger fresh chopped
- ☐ 1.5 teaspoons sage dried fresh chopped
- ☐ 1 clove garlic minced peeled

- ☐ 8 oz apple green cored peeled chopped
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 8 oz leek
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup onion chopped
- ☐ 4 cups pumpkin mashed
- ☐ 12 servings salt and pepper
- ☐ 2 quarts fat-skimmed beef broth

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Trim and discard root end and tough dark green tops from leek. Slice leek in half lengthwise and rinse well, flipping layers under cool running water to remove dirt. Slice thinly crosswise.
- ☐ In a 5- to 6-quart pan over high heat, melt butter.
- ☐ Add leek, carrots, celery, onion, and garlic; stir often until onion is limp, 6 to 8 minutes.
- ☐ Add broth, Mashed Pumpkin, apple cider, apple, ginger, sage, cinnamon, and allspice; cover and bring to a boil. Reduce heat and simmer, stirring occasionally, for 10 minutes.
- ☐ Whirl soup, a portion at a time, in a blender (holding lid down with a towel) until pureed, and pour into a bowl. Return all soup to pan and stir often over high heat until hot.
- ☐ Add salt and pepper to taste.
- ☐ In a small bowl, mix 1 cup crme friche or sour cream and lemon peel. Ladle soup into bowls or mugs.
- ☐ Garnish with a dollop of crme friche.

Nutrition Facts

 **PROTEIN 8.29%**  **FAT 48.5%**  **CARBS 43.21%**

Properties

Glycemic Index:33.13, Glycemic Load:4.09, Inflammation Score:-10, Nutrition Score:12.113478204478%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.89mg, Epicatechin: 1.89mg, Epicatechin: 1.89mg, Epicatechin: 1.89mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 106.42kcal (5.32%), Fat: 6.09g (9.36%), Saturated Fat: 3.19g (19.93%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 10.54g (3.83%), Sugar: 6.52g (7.24%), Cholesterol: 16.33mg (5.44%), Sodium: 879.56mg (38.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Vitamin A: 5536.24IU (110.72%), Copper: 0.88mg (44.1%), Vitamin K: 14.34µg (13.66%), Manganese: 0.25mg (12.55%), Vitamin C: 8.59mg (10.41%), Potassium: 338.65mg (9.68%), Vitamin B2: 0.13mg (7.93%), Folate: 28.33µg (7.08%), Vitamin B6: 0.14mg (7.01%), Vitamin B3: 1.38mg (6.88%), Phosphorus: 67.32mg (6.73%), Selenium: 4.64µg (6.63%), Fiber: 1.65g (6.61%), Iron: 1.08mg (6.02%), Vitamin B12: 0.36µg (5.99%), Calcium: 59.55mg (5.95%), Vitamin E: 0.84mg (5.62%), Vitamin B5: 0.48mg (4.76%), Magnesium: 18.57mg (4.64%), Vitamin B1: 0.06mg (4.28%), Zinc: 0.31mg (2.08%)