



Harvest Pumpkin Soup

 Vegetarian  Gluten Free

READY IN



150 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups chicken stock see
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 teaspoon ground sage
- ☐ 0.8 cup heavy whipping cream
- ☐ 1.5 teaspoons salt
- ☐ 4 tablespoons cup heavy whipping cream sour
- ☐ 2 small pumpkin

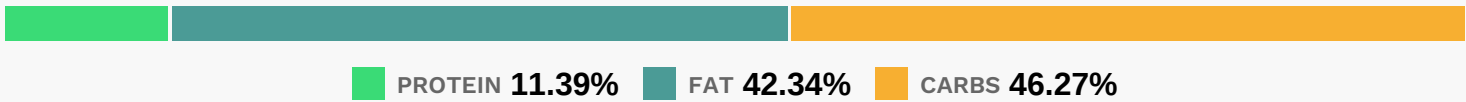
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C).
- ☐ Cut pumpkins in half and scoop out seeds. Spray a cookie sheet with non-stick cooking spray.
- ☐ Place pumpkins, flesh side down on the cookie sheet and roast until soft to the touch, about 45 minutes.
- ☐ Remove pumpkins from oven and let cool. Once pumpkins are cool scrape flesh from skins into a food processor. Discard skins.
- ☐ Add chicken stock to the pumpkin and puree.
- ☐ Pour soup into a large saucepan and bring to a simmer over medium heat. Stir in cream, nutmeg, sage and salt.
- ☐ Mix well and remove from heat.
- ☐ Serve garnished with a dollop of sour cream

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:29.4, Inflammation Score:-10, Nutrition Score:33.170870091604%

Flavonoids

Luteolin: 11.08mg, Luteolin: 11.08mg, Luteolin: 11.08mg, Luteolin: 11.08mg

Nutrients (% of daily need)

Calories: 417.78kcal (20.89%), Fat: 21.32g (32.81%), Saturated Fat: 12.44g (77.75%), Carbohydrates: 52.45g (17.48%), Net Carbohydrates: 49.02g (17.82%), Sugar: 23.36g (25.96%), Cholesterol: 62.91mg (20.97%), Sodium: 1152.05mg (50.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.9g (25.81%), Vitamin A: 58625.41IU (1172.51%), Vitamin C: 61.94mg (75.08%), Potassium: 2559.15mg (73.12%), Vitamin B2: 1.01mg (59.13%), Vitamin E: 7.72mg

(51.46%), Copper: 0.97mg (48.5%), Manganese: 0.86mg (42.9%), Phosphorus: 383.08mg (38.31%), Vitamin B3: 6.97mg (34.83%), Iron: 5.89mg (32.7%), Folate: 120.43µg (30.11%), Vitamin B1: 0.41mg (27.66%), Vitamin B6: 0.55mg (27.28%), Magnesium: 93.43mg (23.36%), Vitamin B5: 2.18mg (21.81%), Calcium: 190.75mg (19.07%), Zinc: 2.58mg (17.2%), Fiber: 3.43g (13.72%), Selenium: 7.79µg (11.12%), Vitamin K: 9.66µg (9.2%), Vitamin D: 0.71µg (4.76%), Vitamin B12: 0.1µg (1.61%)