



Hearty Chicken Pumpkin Soup



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 15 ounce pumpkin puree canned
- ☐ 1 cup carrots diced
- ☐ 1 cup celery diced
- ☐ 3 cups chicken breast shredded cooked
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 3 tablespoons garlic minced

- ☐ 0.3 teaspoon lawry's garlic salt
- ☐ 0.5 cup heavy cream
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 cup onion finely chopped
- ☐ 32 ounces reduced sodium chicken broth
- ☐ 1 cup cheddar cheese shredded

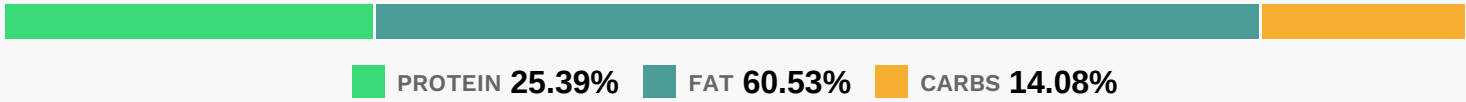
Equipment

- ☐ dutch oven

Directions

- ☐ Heat olive oil in large dutch oven or pot over medium heat.
- ☐ Add onion, celery and carrots, stirring and cooking for about 15 minutes, until softened. Stir in garlic and cook for 1 minute.
- ☐ Add chicken, chicken broth, pumpkin, cream, salt, pepper, garlic salt and cilantro. Stir to combine. When hot, stir in cheese to melt. Taste and season accordingly with additional seasonings if desired.

Nutrition Facts



Properties

Glycemic Index:28.35, Glycemic Load:1.36, Inflammation Score:-10, Nutrition Score:16.377391338348%

Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 315.2kcal (15.76%), Fat: 21.58g (33.21%), Saturated Fat: 8.35g (52.21%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 8.66g (3.15%), Sugar: 4.19g (4.66%), Cholesterol: 70.31mg (23.44%), Sodium: 703.99mg (30.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.37g (40.73%), Vitamin A: 11419.03IU (228.38%), Vitamin B3: 6.15mg (30.76%), Selenium: 18.18µg (25.97%), Phosphorus: 246.2mg (24.62%), Vitamin K: 21.23µg (20.22%), Vitamin B6: 0.37mg (18.25%), Calcium: 155.97mg (15.6%), Vitamin B2: 0.26mg (15.08%), Potassium: 481.95mg (13.77%), Vitamin E: 1.97mg (13.16%), Zinc: 1.68mg (11.23%), Manganese: 0.22mg (11.05%), Fiber: 2.64g (10.56%), Iron: 1.88mg (10.45%), Vitamin B5: 0.94mg (9.41%), Copper: 0.18mg (9.13%), Magnesium: 35.66mg (8.91%), Vitamin C: 6.21mg (7.53%), Vitamin B12: 0.44µg (7.32%), Folate: 24.37µg (6.09%), Vitamin B1: 0.08mg (5.42%), Vitamin D: 0.32µg (2.15%)