



Hearty Corn and Pumpkin Soup

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



276 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 32 ounce pumpkin puree canned
- 2 carrots diced peeled
- 9 cups chicken broth
- 16 ounce whole-kernel corn frozen
- 1 tablespoon parsley fresh minced to taste
- 0.3 teaspoon ground cloves
- 8 servings ground pepper black to taste
- 2 leeks light white green thinly sliced

- 0.3 cup olive oil
- 5 small potatoes diced red
- 1.5 teaspoons salt
- 0.5 cup milk whole

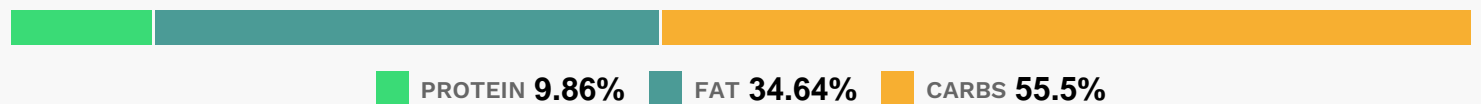
Equipment

- bowl
- pot

Directions

- Heat olive oil in a large pot over medium heat. Cook and stir leeks and carrots in hot oil until softened, 5 to 10 minutes.
- Stir chicken broth into leek mixture; bring to a boil.
- Add potatoes, salt, cloves, and pepper; boil until potatoes are tender, about 15 minutes.
- Pour pumpkin puree into a large bowl. Stir 1 cup of broth and potatoes mixture into pumpkin.
- Pour pumpkin mixture, corn, and milk into chicken broth mixture in the large pot. Stir to combine and simmer until heated through and flavors blend, at least 5 minutes.
- Sprinkle individual servings with parsley.

Nutrition Facts



Properties

Glycemic Index:22.6, Glycemic Load:1.65, Inflammation Score:-10, Nutrition Score:20.40130427091%

Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 275.92kcal (13.8%), Fat: 11.32g (17.42%), Saturated Fat: 1.92g (12%), Carbohydrates: 40.81g (13.6%), Net Carbohydrates: 33.69g (12.25%), Sugar: 11.1g (12.33%), Cholesterol: 7.12mg (2.37%), Sodium: 1579.31mg (68.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.5%), Vitamin A: 20672.43IU (413.45%), Vitamin K: 47.61µg (45.34%), Manganese: 0.69mg (34.34%), Fiber: 7.12g (28.48%), Potassium: 956.11mg (27.32%), Vitamin C: 19.04mg (23.08%), Vitamin E: 2.99mg (19.92%), Vitamin B2: 0.34mg (19.88%), Iron: 3.31mg (18.36%), Copper: 0.36mg (17.92%), Folate: 71.64µg (17.91%), Magnesium: 69.96mg (17.49%), Vitamin B6: 0.35mg (17.41%), Phosphorus: 170.2mg (17.02%), Vitamin B3: 3.05mg (15.23%), Vitamin B1: 0.22mg (14.82%), Vitamin B5: 1.11mg (11.08%), Calcium: 91.19mg (9.12%), Zinc: 1.04mg (6.97%), Selenium: 2.92µg (4.17%), Vitamin B12: 0.14µg (2.25%), Vitamin D: 0.17µg (1.12%)