

Hot Pepper Pumpkin Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



246 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 cups vegetable stock
- 4 cups pumpkin puree
- 1 cup onion chopped
- 1 tsp cilantro leaves chopped
- 1 clove garlic minced
- 1 tsp oregano dried
- 5 peppercorns whole black
- 0.5 cup cup heavy whipping cream

1 tbsp butter to taste

Equipment

food processor

frying pan

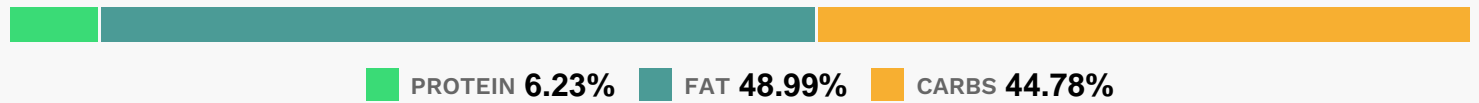
blender

Directions

In a deep pan, heat stock, salt, pumpkin, onion, garlic, coriander leaves and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Then puree the soup in small batches (1 cup at a time) using a food processor or blender. In a same pan add butter and dried oregano. When the butter in melted. Then add puree and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes uncovered. Stir in heavy cream.

Serve Hot.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:2.95, Inflammation Score:-10, Nutrition Score:16.938695652174%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Taste

Sweetness: 95.15%, Saltiness: 10.12%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 246.16kcal (12.31%), Fat: 14.37g (22.11%), Saturated Fat: 9.05g (56.57%), Carbohydrates: 29.55g (9.85%), Net Carbohydrates: 21.53g (7.83%), Sugar: 13.68g (15.19%), Cholesterol: 41.25mg (13.75%), Sodium: 1454.99mg (63.26%), Protein: 4.11g (8.22%), Vitamin A: 39417.11IU (788.34%), Vitamin K: 43.65µg (41.57%), Fiber: 8.02g (32.1%),

Manganese: 0.47mg (23.4%), Iron: 3.71mg (20.62%), Vitamin E: 3.05mg (20.31%), Potassium: 602.68mg (17.22%),
Vitamin C: 13.68mg (16.58%), Magnesium: 64.13mg (16.03%), Copper: 0.29mg (14.39%), Vitamin B2: 0.2mg (11.98%),
Phosphorus: 117.48mg (11.75%), Vitamin B5: 1.12mg (11.19%), Vitamin B6: 0.21mg (10.51%), Calcium: 102.5mg (10.25%),
Folate: 39.42µg (9.86%), Vitamin B1: 0.09mg (5.72%), Vitamin B3: 0.99mg (4.97%), Zinc: 0.58mg (3.88%), Selenium:
2.24µg (3.2%), Vitamin D: 0.48µg (3.17%)