



## Irish Pumpkin Potage

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



272 kcal

SIDE DISH

### Ingredients

- 1 pinch pepper black freshly ground
- 0.5 teaspoon cayenne pepper
- 6 cups chicken stock see
- 2 cloves garlic minced
- 1 teaspoon ground nutmeg
- 1 teaspoon hungarian paprika sweet
- 2 leeks chopped
- 4.5 cups milk

- 0.5 cup olive oil
- 1 onion chopped
- 3 pounds pumpkin diced peeled seeded

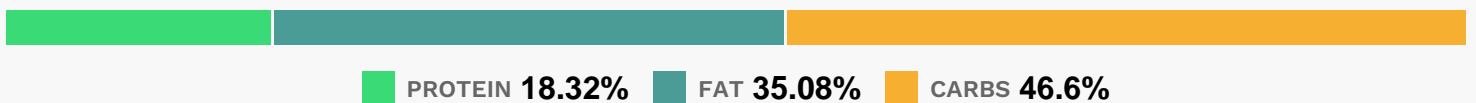
## Equipment

- food processor
- frying pan
- pot
- slow cooker

## Directions

- Halve the pumpkin and scrape out the seeds and pith.
- Cut into 1 inch pieces.
- In a large skillet, saute the pumpkin, leeks, onion and garlic in olive oil.
- Add chicken stock and bring to a simmer.
- Strain vegetables, place in food processor and blend until smooth.
- Transfer puree to pot or crock pot; add enough milk to reach smooth consistency.
- Add the cayenne pepper, paprika, ground pepper and nutmeg; simmer for 30 minutes and do not allow to boil.

## Nutrition Facts



## Properties

Glycemic Index:49.71, Glycemic Load:12.67, Inflammation Score:-10, Nutrition Score:22.280000106148%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 3.19mg, Luteolin: 3.19mg, Luteolin: 3.19mg, Luteolin: 3.19mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.23mg, Quercetin:

3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

## **Nutrients (% of daily need)**

Calories: 271.86kcal (13.59%), Fat: 11.03g (16.97%), Saturated Fat: 4.21g (26.3%), Carbohydrates: 32.97g (10.99%), Net Carbohydrates: 31.05g (11.29%), Sugar: 17.95g (19.95%), Cholesterol: 24.99mg (8.33%), Sodium: 361.93mg (15.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.96g (25.91%), Vitamin A: 17434.1IU (348.68%), Vitamin B2: 0.62mg (36.65%), Potassium: 1195mg (34.14%), Phosphorus: 316.22mg (31.62%), Vitamin C: 22.51mg (27.28%), Calcium: 261.58mg (26.16%), Vitamin B3: 4.75mg (23.76%), Vitamin B6: 0.44mg (21.93%), Manganese: 0.42mg (21.18%), Copper: 0.4mg (20.22%), Vitamin E: 3.01mg (20.06%), Vitamin B1: 0.28mg (18.91%), Vitamin K: 17.27µg (16.45%), Folate: 61.19µg (15.3%), Magnesium: 60.56mg (15.14%), Iron: 2.67mg (14.82%), Vitamin B12: 0.85µg (14.12%), Vitamin B5: 1.23mg (12.32%), Selenium: 8.58µg (12.26%), Vitamin D: 1.73µg (11.5%), Zinc: 1.64mg (10.95%), Fiber: 1.92g (7.67%)