



 **58%**  
HEALTH SCORE

## Mexican Pumpkin Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounce pinto beans canned
- 1 pinch bell pepper red
- 4 servings cilantro leaves
- 0.5 teaspoon cumin
- 4 cloves garlic peeled finely chopped
- 1 tbsp jalapeno diced seeded
- 1 large onion chopped
- 1 tablespoons oregano

- 2 cups pumpkin puree pureed canned cooked
- 5 medium potatoes – remove skin diced red
- 4 servings salt to taste
- 0.3 cup soy milk unsweetened
- 4 cups vegetable stock

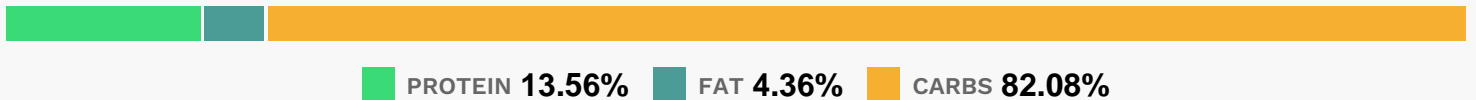
## Equipment

- pot

## Directions

- Heat a large pot. Sauté most of the onions (reserve a few for garnish) over medium heat until they soften; add garlic and cook for about 1 minute.
- Add in the broth, pumpkin, chili beans, jalapeño, and potatoes. Stir in the oregano, cayenne, and cumin. Bring to a boil and then turn down to a simmer. Simmer for about 30 minutes or until potatoes are tender.
- Remove from heat and let cool for 5 minutes. Stir in the soy milk, add salt to taste, and serve immediately garnished with cilantro or parsley and onion (and extra diced jalapeño, if desired).

## Nutrition Facts



## Properties

Glycemic Index:63.25, Glycemic Load:7.87, Inflammation Score:-10, Nutrition Score:29.465652367343%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.64mg, Quercetin: 9.64mg, Quercetin: 9.64mg, Quercetin: 9.64mg

## Nutrients (% of daily need)

Calories: 364.34kcal (18.22%), Fat: 1.85g (2.85%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 78.55g (26.18%), Net Carbohydrates: 63.78g (23.19%), Sugar: 12.56g (13.95%), Cholesterol: 0mg (0%), Sodium: 1502.15mg (65.31%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.97g (25.95%), Vitamin A: 19706.24IU (394.12%), Fiber: 14.77g (59.07%), Manganese: 1.09mg (54.63%), Potassium: 1898.45mg (54.24%), Vitamin C: 37.39mg (45.32%), Vitamin K: 38.7µg (36.86%), Vitamin B6: 0.73mg (36.4%), Copper: 0.72mg (36.2%), Iron: 6.18mg (34.31%), Magnesium: 136.82mg (34.21%), Phosphorus: 335.74mg (33.57%), Folate: 101.23µg (25.31%), Vitamin B1: 0.36mg (24.26%), Vitamin B3: 4.03mg (20.16%), Calcium: 173.88mg (17.39%), Vitamin E: 2.36mg (15.72%), Vitamin B5: 1.49mg (14.92%), Vitamin B2: 0.23mg (13.68%), Zinc: 1.87mg (12.49%), Vitamin B12: 0.22µg (3.75%), Selenium: 2.52µg (3.6%), Vitamin D: 0.24µg (1.62%)