



Moroccan Pumpkin Soup (Chorbat al qara'a)

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



72 kcal

SOUP

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3.5 cups butternut squash fresh cubed peeled (1-inch) ()
- ☐ 0.3 cup fresh cilantro fresh chopped
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.8 teaspoon kosher salt
- ☐ 8 teaspoons yogurt plain
- ☐ 1 teaspoon ras el hanout spice mix
- ☐ 2 cups vegetable broth organic (such as Emeril's)

- ☐ 1 cup water
- ☐ 0.5 cup milk whole
- ☐ 1.8 cups onion diced yellow

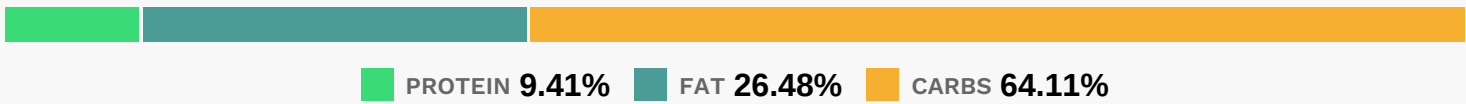
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine first 7 ingredients in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until vegetables are tender.
- ☐ Place half of squash mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- ☐ Pour pureed mixture into a large bowl. Repeat procedure with remaining squash mixture. Return pureed mixture to pan over low heat.
- ☐ Add milk and butter to pan; cook 3 minutes or until thoroughly heated.
- ☐ Serve with yogurt and cilantro.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:1.41, Inflammation Score:0, Nutrition Score:9.563043444053%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.37mg,

Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg

Nutrients (% of daily need)

Calories: 72.23kcal (3.61%), Fat: 2.3g (3.54%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 10.53g (3.83%), Sugar: 4.45g (4.95%), Cholesterol: 6.63mg (2.21%), Sodium: 479.41mg (20.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin A: 6751.06IU (135.02%), Vitamin C: 15.66mg (18.98%), Manganese: 0.19mg (9.37%), Potassium: 309.78mg (8.85%), Fiber: 1.99g (7.97%), Vitamin B6: 0.15mg (7.58%), Calcium: 72.54mg (7.25%), Magnesium: 28.67mg (7.17%), Vitamin E: 1mg (6.67%), Folate: 24.7µg (6.18%), Vitamin B1: 0.09mg (5.96%), Phosphorus: 54.91mg (5.49%), Vitamin B3: 0.82mg (4.09%), Vitamin K: 4.1µg (3.91%), Vitamin B5: 0.38mg (3.83%), Iron: 0.63mg (3.5%), Copper: 0.07mg (3.37%), Vitamin B2: 0.06mg (3.36%), Vitamin B12: 0.11µg (1.92%), Zinc: 0.28mg (1.88%), Selenium: 1.01µg (1.45%), Vitamin D: 0.18µg (1.17%)