



## Party Hit Creamy Pumpkin Soup

 **Gluten Free**

READY IN



**75 min.**

SERVINGS



**6**

CALORIES



**310 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups chicken broth
- 4 cups seasoned croutons
- 1 dash ground nutmeg
- 1 cup heavy cream
- 6 servings salt and pepper to taste
- 4.5 pounds pumpkin

### Equipment



- bowl

sauce pan

## Directions

- Cut the top off of the pumpkin and remove the seeds and strings. Carve out the flesh of the pumpkin until the shell is about 1/2 inch thick. Be careful not to make any holes in the skin – the pumpkin is the serving bowl. Steam the pumpkin flesh in a saucepan with an inch of water, over medium heat for 20 minutes.
- Remove from heat, drain and set aside to cool slightly.
- In a saucepan over medium heat, cook the chicken broth until warm. Puree the pumpkin flesh and gradually stir into the pumpkin broth. Slowly bring the mixture to a boil.
- Mix in the cream then season with salt, pepper and nutmeg.
- Remove from heat.
- Pour soup into the pumpkin shell and garnish with croutons. Top with the pumpkin cap.

## Nutrition Facts

    
 **PROTEIN 9.02%**  **FAT 44.33%**  **CARBS 46.65%**

## Properties

Glycemic Index:35.67, Glycemic Load:24.58, Inflammation Score:-10, Nutrition Score:20.686086877533%

## Flavonoids

Luteolin: 5.55mg, Luteolin: 5.55mg, Luteolin: 5.55mg, Luteolin: 5.55mg

## Nutrients (% of daily need)

Calories: 310.29kcal (15.51%), Fat: 16.2g (24.93%), Saturated Fat: 9.66g (60.35%), Carbohydrates: 38.37g (12.79%), Net Carbohydrates: 35.61g (12.95%), Sugar: 10.93g (12.15%), Cholesterol: 46.39mg (15.46%), Sodium: 638.15mg (27.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.42g (14.84%), Vitamin A: 29545.58IU (590.91%), Vitamin C: 30.86mg (37.41%), Potassium: 1233.87mg (35.25%), Vitamin B2: 0.55mg (32.32%), Manganese: 0.57mg (28.35%), Vitamin E: 4mg (26.68%), Copper: 0.48mg (24.13%), Vitamin B1: 0.32mg (21.31%), Folate: 82.54µg (20.64%), Iron: 3.64mg (20.22%), Phosphorus: 199.18mg (19.92%), Vitamin B3: 3.33mg (16.64%), Selenium: 10.03µg (14.32%), Magnesium: 50.89mg (12.72%), Vitamin B5: 1.21mg (12.08%), Calcium: 116.38mg (11.64%), Vitamin B6: 0.23mg (11.34%), Fiber: 2.76g (11.02%), Zinc: 1.42mg (9.47%), Vitamin K: 5.01µg (4.77%), Vitamin D: 0.63µg (4.23%), Vitamin B12: 0.08µg (1.32%)