



Pumpkin and Black Bean Soup



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



309 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce black beans drained canned
- ☐ 30 ounce pumpkin puree canned found often on the baking aisle
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 20 blades chives fresh snipped chopped for garnish
- ☐ 6 servings coarse salt
- ☐ 1 tablespoon curry powder
- ☐ 1.5 teaspoons ground cumin

- ☐ 1 cup heavy cream
- ☐ 2 tablespoon olive oil extra-virgin
- ☐ 1 medium onion finely chopped
- ☐ 3 cups packaged vegetable stock canned

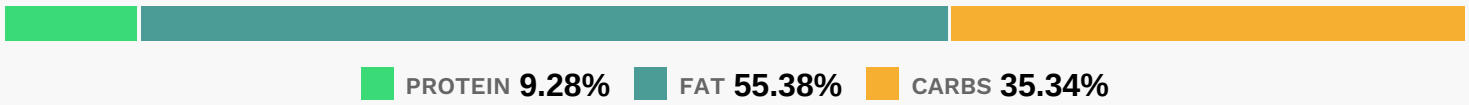
Equipment

- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a soup pot over medium heat.
- ☐ Add oil. When oil is hot, add onion.
- ☐ Saute onions 5 minutes.
- ☐ Add broth, tomatoes, black beans and pumpkin puree. Stir to combine ingredients and bring soup to a boil. Reduce heat to medium low and stir in cream, curry, cumin, cayenne and salt, to taste. Simmer 5 minutes, adjust seasonings and serve garnished with chopped chives.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.12, Inflammation Score:-10, Nutrition Score:17.845652124156%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 308.67kcal (15.43%), Fat: 19.91g (30.63%), Saturated Fat: 10.08g (62.97%), Carbohydrates: 28.59g (9.53%), Net Carbohydrates: 18.76g (6.82%), Sugar: 7.73g (8.59%), Cholesterol: 44.82mg (14.94%), Sodium: 956.08mg (41.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.01%), Vitamin A: 23127.42IU

(462.55%), Fiber: 9.83g (39.3%), Vitamin K: 35.09µg (33.42%), Manganese: 0.48mg (23.81%), Iron: 4.12mg (22.87%), Vitamin E: 2.84mg (18.91%), Folate: 70.58µg (17.64%), Potassium: 612.42mg (17.5%), Magnesium: 68.05mg (17.01%), Phosphorus: 162.89mg (16.29%), Copper: 0.32mg (15.89%), Vitamin B2: 0.25mg (14.76%), Vitamin C: 11.68mg (14.16%), Vitamin B1: 0.16mg (10.56%), Calcium: 104.97mg (10.5%), Vitamin B6: 0.18mg (8.83%), Vitamin B5: 0.83mg (8.32%), Zinc: 0.84mg (5.59%), Vitamin B3: 1.1mg (5.5%), Selenium: 3.01µg (4.3%), Vitamin D: 0.63µg (4.23%), Vitamin B12: 0.06µg (1.06%)