

Pumpkin and Roasted Corn Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon chipotles in adobo hot canned chopped to taste (careful, it's)
- 0.5 teaspoon curry powder good
- 3 cups ears corn fresh
- 1.5 teaspoons ginger fresh grated
- 3 cloves garlic minced
- 1 large onion chopped
- 4 servings pepper freshly ground
- 0.8 cup soy milk plain unsweetened

- 5 cups vegetable stock
- 5 cups winter squash peeled cut into 1-inch cubes

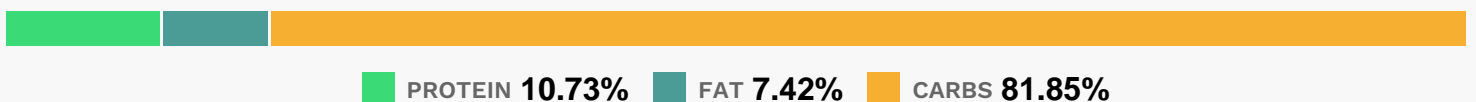
Equipment

- oven
- blender
- baking pan
- broiler
- immersion blender

Directions

- Add the garlic and ginger and cook for 1 more minute.
- Add the chipotle, pumpkin and water. Reduce heat to medium-low and cook until pumpkin is completely tender, about 30 minutes.
- Add more broth or water as needed to maintain about the same level of liquid. When the pumpkin is tender, add the curry powder and soymilk. Using a hand blender, puree in batches until smooth, or transfer to a blender and blend in batches.
- Add salt and additional curry powder to taste, add more liquid if it's too thick, and keep it warm while you prepare the corn.
- Place the corn kernels in a large, shallow, non-stick baking dish.
- Sprinkle with a little freshly ground pepper, and spray the top of the corn lightly with olive oil, if desired.
- Place in the oven under the broiler and broil, stirring often, until the corn begins to brown. Watch carefully! This should only take a few minutes—a little longer for frozen corn than fresh. Be sure not to overcook or the corn will get rubbery. Divide the corn and soup into 4 servings and serve the soup with the roasted corn sprinkled on top.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:2.71, Inflammation Score:-10, Nutrition Score:28.233478525411%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 277.18kcal (13.86%), Fat: 2.59g (3.98%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 64.26g (21.42%), Net Carbohydrates: 55.01g (20%), Sugar: 17.71g (19.68%), Cholesterol: 0mg (0%), Sodium: 1222.14mg (53.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.43g (16.86%), Vitamin A: 32364.02IU (647.28%), Vitamin C: 73.04mg (88.54%), Manganese: 0.89mg (44.29%), Potassium: 1461.36mg (41.75%), Magnesium: 153.52mg (38.38%), Vitamin B1: 0.56mg (37.14%), Fiber: 9.25g (37%), Folate: 133.2µg (33.3%), Vitamin B6: 0.66mg (32.81%), Vitamin E: 4.4mg (29.35%), Vitamin B3: 5.62mg (28.12%), Phosphorus: 224.56mg (22.46%), Calcium: 215.08mg (21.51%), Vitamin B5: 2.06mg (20.62%), Iron: 3.08mg (17.11%), Copper: 0.34mg (16.77%), Vitamin B2: 0.23mg (13.35%), Vitamin B12: 0.51µg (8.43%), Zinc: 1.05mg (6.98%), Vitamin K: 4.18µg (3.98%), Selenium: 2.69µg (3.84%), Vitamin D: 0.55µg (3.64%)