

Pumpkin and Sausage Soup

 **Gluten Free**

READY IN



45 min.

SERVINGS



7

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound andouille sausage diced
- 0.5 cup brown sugar packed
- 0.5 cup brown sugar packed
- 0.3 cup butter
- 7 cups chicken stock see
- 1 teaspoon thyme dried
- 0.4 cup cup heavy whipping cream
- 1.3 cups onion chopped

- 0.3 cup pear liqueur
- 1.5 pounds pumpkin puree

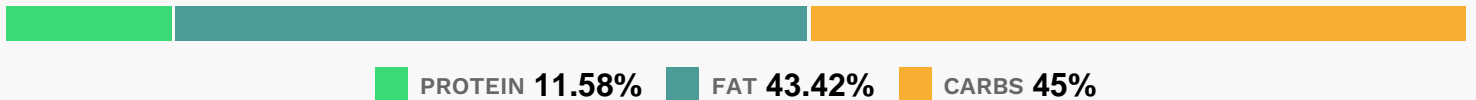
Equipment

- frying pan
- blender

Directions

- Cook diced sausage in skillet with 2 tablespoons butter for 5 minutes.
- Add onion and cook until soft.
- Add thyme and pumpkin OR sweet potatoes and cook 5 minutes.
- Add liqueur, broth, and brown sugar. Cover and simmer over low heat for 45 minutes, or until pumpkin OR potatoes are tender.
- In blender puree soup in batches. Return to pan and stir in cream and remaining 2 tablespoons butter. Warm but do not boil.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:16.591304322948%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 488.56kcal (24.43%), Fat: 23.18g (35.66%), Saturated Fat: 10.89g (68.05%), Carbohydrates: 54.07g (18.02%), Net Carbohydrates: 50.72g (18.44%), Sugar: 42.72g (47.46%), Cholesterol: 66.9mg (22.3%), Sodium: 677.38mg (29.45%), Alcohol: 3.41g (100%), Alcohol %: 0.94% (100%), Protein: 13.91g (27.81%), Vitamin A: 15543.49IU (310.87%), Vitamin B3: 6.22mg (31.09%), Vitamin B2: 0.35mg (20.5%), Selenium: 13.37µg (19.09%), Potassium:

661.77mg (18.91%), Vitamin K: 19.57µg (18.64%), Phosphorus: 166.27mg (16.63%), Vitamin B6: 0.32mg (15.83%), Iron: 2.72mg (15.1%), Copper: 0.29mg (14.26%), Vitamin B1: 0.21mg (13.81%), Fiber: 3.36g (13.43%), Vitamin E: 1.72mg (11.44%), Magnesium: 44.19mg (11.05%), Manganese: 0.21mg (10.74%), Zinc: 1.4mg (9.33%), Vitamin C: 6.82mg (8.27%), Calcium: 81.11mg (8.11%), Folate: 30.88µg (7.72%), Vitamin B5: 0.74mg (7.41%), Vitamin B12: 0.35µg (5.86%), Vitamin D: 0.66µg (4.38%)