



WHATSheATE



Pumpkin and Yellow Pepper Soup with Smoked Paprika



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



104 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



0.3 teaspoon pepper black freshly ground



15 ounce pumpkin puree salt-free canned



1.5 cups carrots chopped (2 medium)



5 cups less-sodium chicken broth fat-free divided



1 tablespoon parsley fresh chopped



2 garlic cloves chopped



2 tablespoons juice of lemon fresh

- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped (1 medium)
- ☐ 0.5 teaspoon paprika smoked spanish
- ☐ 2 tablespoons pumpkin-seed kernels unsalted toasted
- ☐ 3.5 cups bell pepper yellow chopped (2 large)

Equipment

- ☐ bowl
- ☐ ladle
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add bell pepper, carrot, and onion; cook 10 minutes or until tender, stirring occasionally.
- ☐ Add paprika and garlic; saut 1 minute.
- ☐ Add 3 cups broth and black pepper; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until the vegetables are tender.
- ☐ Place one-third of vegetable 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 spills). Blend until smooth.
- ☐ Pour into a large bowl. Repeat procedure with remaining vegetable mixture.
- ☐ Return pureed vegetable mixture to Dutch oven; stir in remaining 2 cups broth and pumpkin. Cook over low heat for 10 minutes or until thoroughly heated, stirring frequently.
- ☐ Remove from heat; stir in juice. Ladle 1 cup soup into each of 7 bowls; top each serving with about 1 teaspoon pumpkinseeds and about 1/2 teaspoon parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.55, Glycemic Load:1.45, Inflammation Score:-10, Nutrition Score:17.54608701623%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 1.24mg, Apigenin: 1.24mg, Apigenin: 1.24mg, Apigenin: 1.24mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

Nutrients (% of daily need)

Calories: 104.3kcal (5.22%), Fat: 4.13g (6.36%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 11.78g (4.28%), Sugar: 4.69g (5.22%), Cholesterol: 0mg (0%), Sodium: 688.39mg (29.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.55%), Vitamin A: 14305.72IU (286.11%), Vitamin C: 145.31mg (176.13%), Vitamin K: 24.46µg (23.3%), Manganese: 0.42mg (21.06%), Fiber: 3.88g (15.51%), Potassium: 491.23mg (14.04%), Vitamin B6: 0.27mg (13.38%), Copper: 0.24mg (12.06%), Magnesium: 48.16mg (12.04%), Vitamin B3: 2.26mg (11.31%), Phosphorus: 110.98mg (11.1%), Iron: 1.9mg (10.55%), Folate: 41.33µg (10.33%), Vitamin E: 1.23mg (8.22%), Vitamin B5: 0.7mg (7.05%), Vitamin B2: 0.12mg (6.82%), Selenium: 4.58µg (6.55%), Vitamin B1: 0.09mg (5.8%), Vitamin B12: 0.32µg (5.4%), Calcium: 49.36mg (4.94%), Zinc: 0.62mg (4.1%)