



Pumpkin Apple Cider Soup

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



30 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup apple cider
- 2 apples diced peeled (such as honeycrisp)
- 30 oz pumpkin puree canned
- 0.5 cup cup heavy whipping cream
- 0.5 teaspoon thyme leaves fresh finely chopped
- 1 teaspoon kosher salt
- 3 tablespoons brown sugar light
- 6 cups chicken stock see low sodium

- 0.5 teaspoon freshly cracked pepper black
- 1 small onion diced yellow peeled finely

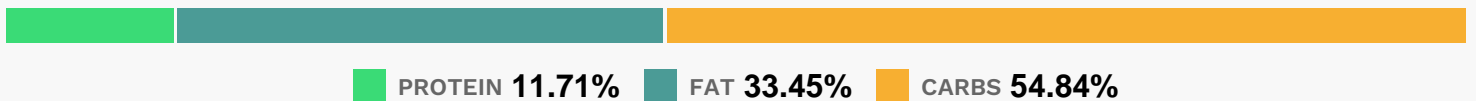
Equipment

- pot
- immersion blender

Directions

- SET a large heavy bottomed pot over medium heat.
- Add the olive oil, and then add the onion, apple, and a pinch of kosher salt. Saut for about 5 minutes or until the onions are soft and translucent.
- POUR in the chicken stock, cider, thyme, and pepper and bring the mixture to a boil for one minute. Then, add the pumpkin and stir the ingredients together until smooth. Use an immersion blender to puree it until smooth.
- STIR in the cream and sugar until the sugar is completely dissolved. Simmer the soup for about ten minutes, or until heated through.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:3.93, Glycemic Load:0.51, Inflammation Score:-9, Nutrition Score:3.9660870108915%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 30.21kcal (1.51%), Fat: 1.22g (1.87%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 4.49g (1.5%), Net Carbohydrates: 3.71g (1.35%), Sugar: 2.8g (3.12%), Cholesterol: 2.99mg (1%), Sodium: 63.31mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin A: 2985.85IU (59.72%), Vitamin K: 3.33µg (3.17%), Fiber: 0.79g (3.14%), Vitamin B3: 0.52mg (2.58%), Potassium: 84.91mg (2.43%), Copper: 0.04mg (2.03%), Iron: 0.36mg (2.01%), Manganese: 0.04mg (1.99%), Phosphorus: 19.3mg (1.93%), Vitamin C: 1.37mg (1.66%), Vitamin B2: 0.03mg (1.64%), Vitamin E: 0.24mg (1.6%), Magnesium: 5.75mg (1.44%), Vitamin B6: 0.02mg (1.05%)