

Pumpkin Bean Soup

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



255 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce black beans rinsed drained canned
- 15 ounce pumpkin puree canned
- 8 ounce tomato sauce canned
- 2 cups chicken broth
- 0.3 cup cilantro leaves fresh chopped for garnish
- 1 teaspoon cilantro leaves fresh finely chopped
- 2 cloves garlic minced
- 1 teaspoon ground cumin

- 0.5 cup heavy cream
- 1 tablespoon olive oil
- 1 onion chopped
- 1 bell pepper red chopped
- 6 servings salt and pepper to taste
- 14 ounce kernel corn whole drained canned

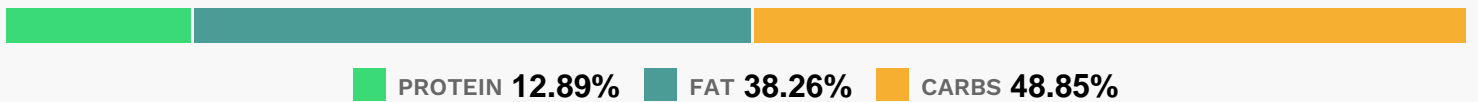
Equipment

- bowl
- sauce pan

Directions

- Heat the olive oil in a saucepan over medium heat. Stir in the bell pepper and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- Mix in the garlic and cumin and cook, stirring, for an additional 2 minutes.
- Pour in the pumpkin puree, black beans, corn, chicken broth, tomato sauce, and 1 teaspoon cilantro; season to taste with salt and pepper. Bring the soup to a gentle boil; reduce the heat and simmer, covered, for 25 minutes.
- Garnish each bowl of soup with a dollop of unsweetened whipped cream and additional cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:1.38, Inflammation Score:-10, Nutrition Score:18.042173709558%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 254.76kcal (12.74%), Fat: 11.28g (17.36%), Saturated Fat: 5.24g (32.73%), Carbohydrates: 32.41g (10.8%), Net Carbohydrates: 24.09g (8.76%), Sugar: 6.23g (6.93%), Cholesterol: 23.98mg (7.99%), Sodium: 1055.07mg (45.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.1%), Vitamin A: 12161.5IU (243.23%), Vitamin C: 36.05mg (43.69%), Fiber: 8.32g (33.26%), Manganese: 0.46mg (23.08%), Folate: 88.21µg (22.05%), Potassium: 668.44mg (19.1%), Iron: 3.3mg (18.35%), Vitamin K: 17.64µg (16.8%), Phosphorus: 167.31mg (16.73%), Vitamin B2: 0.27mg (15.67%), Magnesium: 62.09mg (15.52%), Copper: 0.31mg (15.4%), Vitamin E: 2.19mg (14.61%), Vitamin B1: 0.18mg (11.96%), Vitamin B6: 0.22mg (10.86%), Vitamin B3: 2.02mg (10.1%), Calcium: 77.19mg (7.72%), Vitamin B5: 0.68mg (6.84%), Zinc: 0.99mg (6.58%), Selenium: 2.62µg (3.74%), Vitamin D: 0.32µg (2.12%)