



Pumpkin-Carrot Soup Shooters with Coconut Cream

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



35

CALORIES



102 kcal

SOUP

Ingredients

- ☐ 1 lb baby carrots coarsely chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 15 oz pumpkin puree canned
- ☐ 35 servings coconut flakes flaked toasted
- ☐ 35 servings full fat coconut cream
- ☐ 1 tablespoon ginger fresh grated

- ☐ 3 garlic clove chopped
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.3 teaspoon pimenton de la vera smoked sweet spanish (paprika)
- ☐ 1 small bell pepper red chopped
- ☐ 2 large shallots sliced
- ☐ 6 cups vegetable stock

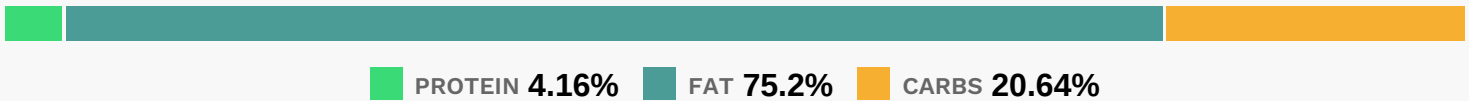
Equipment

- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ Melt butter in a Dutch oven over medium-high heat; add shallots, next 2 ingredients, and, if desired, jalapeo, and saut 5 minutes or until golden.
- ☐ Add carrots, and saut 5 minutes. Stir in ginger and pimentn, and cook, stirring constantly, 1 minute. Stir in broth and next 3 ingredients. Bring to a boil, reduce heat to low, and simmer, stirring occasionally, 25 minutes or until tender.
- ☐ Remove from heat; let stand 5 minutes.
- ☐ Process soup with a handheld blender until smooth. Stir in heavy cream and salt and pepper to taste. Cook over medium heat, stirring occasionally, 5 minutes or until hot. (For a thinner soup, stir in more broth, 1 Tbsp. at a time.)
- ☐ Pour into small glasses; dollop with Coconut Cream.

Nutrition Facts



Properties

Glycemic Index:6.69, Glycemic Load:0.35, Inflammation Score:-9, Nutrition Score:6.6708696299921%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 102.34kcal (5.12%), Fat: 9.06g (13.95%), Saturated Fat: 7.45g (46.57%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 3.11g (1.13%), Sugar: 2.4g (2.67%), Cholesterol: 6.42mg (2.14%), Sodium: 234.63mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin A: 3914.4IU (78.29%), Manganese: 0.34mg (16.94%), Fiber: 2.49g (9.95%), Copper: 0.11mg (5.65%), Vitamin C: 3.96mg (4.8%), Iron: 0.68mg (3.77%), Potassium: 128.38mg (3.67%), Magnesium: 14.38mg (3.6%), Phosphorus: 33.89mg (3.39%), Vitamin K: 3.54µg (3.37%), Vitamin B6: 0.07mg (3.35%), Selenium: 2.19µg (3.13%), Vitamin B5: 0.21mg (2.06%), Folate: 7.75µg (1.94%), Zinc: 0.28mg (1.85%), Vitamin E: 0.27mg (1.81%), Vitamin B2: 0.03mg (1.8%), Calcium: 13.86mg (1.39%), Vitamin B1: 0.02mg (1.1%), Vitamin B3: 0.22mg (1.09%)