

# Pumpkin Chipotle Pasta Sauce

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



68 kcal

SAUCE

## Ingredients

- 1 cup chicken broth
- 2 chipotles in adobo chopped
- 1 clove garlic minced
- 1 pinch ground cinnamon
- 0.3 teaspoon ground coriander
- 1 pinch nutmeg
- 1 teaspoon ground sage
- 0.3 cup milk low-fat

- 1 cup pumpkin puree
- 0.8 teaspoon salt
- 3 tablespoons onion sweet minced
- 1 tablespoon butter unsalted

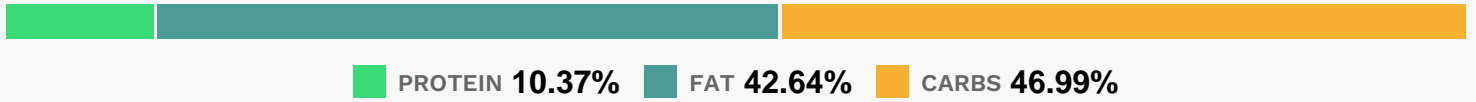
## Equipment

- sauce pan
- whisk

## Directions

- Melt butter in a saucepan over medium heat, and cook and stir the onion and garlic until the onion is translucent, about 3 minutes.
- Whisk in the chicken broth, and bring to a boil; whisk in the pumpkin puree, chipotle peppers and their sauce, milk, sage, salt, coriander, cinnamon, and nutmeg. Allow sauce to come to a simmer, then lower heat to hold at a simmer until serving time.

## Nutrition Facts



## Properties

Glycemic Index:26.25, Glycemic Load:0.12, Inflammation Score:-10, Nutrition Score:8.5143478383189%

## Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

## Nutrients (% of daily need)

Calories: 68.31kcal (3.42%), Fat: 3.45g (5.3%), Saturated Fat: 2.08g (12.97%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 5.8g (2.11%), Sugar: 4.21g (4.68%), Cholesterol: 9.68mg (3.23%), Sodium: 666mg (28.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.77%), Vitamin A: 9661.92IU (193.24%), Fiber: 2.75g (11%), Vitamin K: 10.54µg (10.04%), Manganese: 0.16mg (7.88%), Iron: 1.15mg (6.38%), Vitamin B2: 0.1mg (5.85%), Potassium: 183.82mg (5.25%), Vitamin E: 0.76mg (5.09%), Calcium: 49.28mg (4.93%), Phosphorus: 49.16mg (4.92%),

Magnesium: 18.99mg (4.75%), Copper: 0.09mg (4.3%), Vitamin C: 3.21mg (3.89%), Vitamin B5: 0.34mg (3.37%),  
Vitamin B6: 0.07mg (3.32%), Vitamin B1: 0.04mg (2.96%), Folate: 9.86µg (2.46%), Vitamin B12: 0.14µg (2.29%),  
Vitamin B3: 0.4mg (2%), Vitamin D: 0.27µg (1.79%), Zinc: 0.27mg (1.77%), Selenium: 1.11µg (1.59%)