



Pumpkin Chipotle Soup

READY IN



30 min.

SERVINGS



8

CALORIES



137 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 29 ounce pumpkin puree canned
- ☐ 2 chipotle peppers in adobo sauce minced
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 cups half-and-half cream
- ☐ 1 teaspoon paprika
- ☐ 1 teaspoon salt
- ☐ 4 cups vegetable stock
- ☐ 1 tablespoon worcestershire sauce

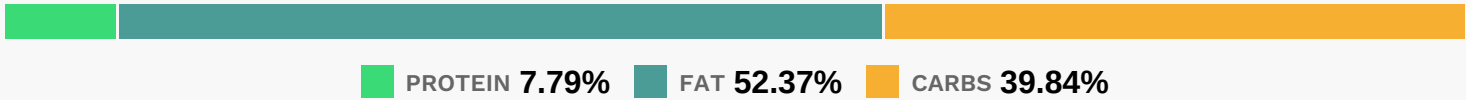
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt the butter in a large saucepan over medium heat. Stir in the flour and cook until the flour has turned golden brown, about 3 minutes.
- ☐ Whisk in the vegetable stock and bring to a boil over high heat.
- ☐ Whisk in the pumpkin puree until no lumps remain, then add the chipotle peppers, half-and-half cream, sofrito, Worcestershire sauce, salt, and paprika. Return to a simmer, then reduce heat to medium-low, and cook for 8 minutes until thickened and hot.

Nutrition Facts



Properties

Glycemic Index:23.13, Glycemic Load:1.72, Inflammation Score:-10, Nutrition Score:10.464782600817%

Nutrients (% of daily need)

Calories: 137.02kcal (6.85%), Fat: 8.4g (12.92%), Saturated Fat: 5.15g (32.17%), Carbohydrates: 14.37g (4.79%), Net Carbohydrates: 10.88g (3.96%), Sugar: 6.76g (7.51%), Cholesterol: 23.41mg (7.8%), Sodium: 843.88mg (36.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Vitamin A: 16617IU (332.34%), Vitamin K: 17.51µg (16.67%), Fiber: 3.49g (13.97%), Iron: 1.8mg (9.98%), Vitamin B2: 0.16mg (9.4%), Vitamin E: 1.36mg (9.06%), Manganese: 0.17mg (8.55%), Potassium: 297.2mg (8.49%), Phosphorus: 84mg (8.4%), Calcium: 79.42mg (7.94%), Magnesium: 29.39mg (7.35%), Copper: 0.12mg (6.15%), Vitamin C: 5mg (6.06%), Vitamin B5: 0.56mg (5.61%), Folate: 17.52µg (4.38%), Vitamin B6: 0.09mg (4.33%), Vitamin B1: 0.06mg (3.7%), Selenium: 2.56µg (3.66%), Vitamin B3: 0.58mg (2.89%), Zinc: 0.38mg (2.56%), Vitamin B12: 0.09µg (1.54%)