

Pumpkin Coconut Milk Soup

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



300 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 14 ounce coconut milk canned
- ☐ 28 ounce pumpkin puree canned
- ☐ 2 chicken bouillon cubes
- ☐ 1.5 teaspoons chili powder
- ☐ 1 teaspoon garlic minced
- ☐ 2 teaspoons ground ginger
- ☐ 1 onion chopped

- ☐ 2 tablespoons orange juice
- ☐ 1.5 teaspoons pumpkin pie spice
- ☐ 2 cups water

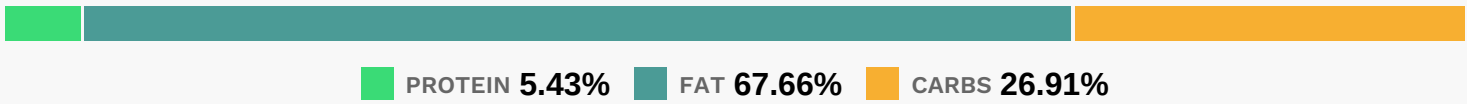
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Melt the butter in a large pot over medium heat; cook and stir the onion and garlic in the melted butter until softened, about 5 minutes. Stir the water and chicken bouillon cubes into the mixture; cook and stir until the bouillon cubes have dissolved, 2 to 3 minutes. Stir the pumpkin puree, coconut milk, ginger, orange juice, pumpkin pie spice, and chili powder into the liquid. Bring the soup to a simmer, and cook until heated through, 5 to 7 minutes.
- ☐ Pour the soup into a blender pitcher to no more than half full. Hold down the lid of the blender firmly in place. Start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth, and pour into a clean pot. Alternately, you can use a stick blender and puree the soup in the pot.
- ☐ Return the pureed soup to medium heat; bring to a simmer and cook another 10 minutes.

Nutrition Facts



Properties

Glycemic Index:31.8, Glycemic Load:0.87, Inflammation Score:-10, Nutrition Score:18.229130402207%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 300.15kcal (15.01%), Fat: 24.33g (37.44%), Saturated Fat: 20g (125%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 14.62g (5.32%), Sugar: 9.8g (10.89%), Cholesterol: 12.25mg (4.08%), Sodium: 454mg (19.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.79%), Vitamin A: 25041.18IU (500.82%), Manganese: 1.38mg (68.85%), Fiber: 7.16g (28.64%), Vitamin K: 26.79µg (25.51%), Iron: 3.98mg (22.09%), Copper: 0.42mg (21.11%), Magnesium: 74.36mg (18.59%), Potassium: 616.46mg (17.61%), Vitamin C: 14.27mg (17.3%), Phosphorus: 151.25mg (15.12%), Vitamin E: 2.19mg (14.58%), Selenium: 6.89µg (9.84%), Folate: 39.09µg (9.77%), Vitamin B6: 0.17mg (8.67%), Vitamin B5: 0.85mg (8.49%), Calcium: 75.03mg (7.5%), Vitamin B3: 1.44mg (7.22%), Vitamin B2: 0.11mg (6.53%), Zinc: 0.93mg (6.23%), Vitamin B1: 0.08mg (5.38%)