



Pumpkin Coconut Soup

 Gluten Free

READY IN



35 min.

SERVINGS



15

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce coconut milk canned
- 1 tablespoon canola oil
- 1 cup carrots chopped
- 28 ounce chicken broth divided canned
- 2 cloves garlic minced
- 0.1 teaspoon ground pepper red
- 2 tablespoons juice of lime
- 15 servings lime zest toasted

- 1 cup onion chopped
- 30 ounce pumpkin unsweetened canned
- 1.3 teaspoons salt
- 1 tablespoon sugar

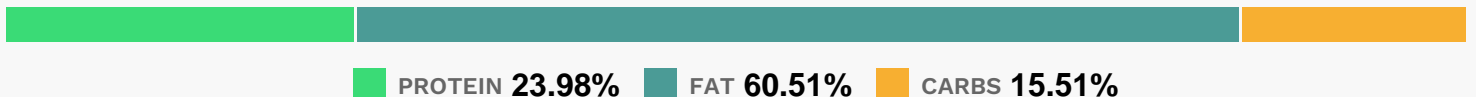
Equipment

- whisk
- blender
- dutch oven

Directions

- Heat oil in a large Dutch oven over medium-high heat; add onion and carrot, and cook, stirring frequently, 5 minutes or until vegetables begin to soften. Stir in garlic, and cook 30 seconds.
- Add 1 can of chicken broth; bring to a simmer, and cook 10 minutes or until vegetables are very tender.
- Remove from heat; cool 10 minutes.
- Transfer mixture to a blender, and puree until smooth. Return mixture to Dutch oven, and add pumpkin, coconut milk, and remaining can of chicken broth, stirring with a whisk. Bring to a simmer over medium heat; stir in lime juice and next 3 ingredients.
- Garnish, if desired.
- Note: Pumpkin Coconut Soup can be made the day before.
- Pour into a screw-top container, and store in the refrigerator until you're ready to hit the road.

Nutrition Facts



Properties

Glycemic Index:13.73, Glycemic Load:1.09, Inflammation Score:-10, Nutrition Score:12.444347889527%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 249.28kcal (12.46%), Fat: 17.13g (26.36%), Saturated Fat: 10.38g (64.9%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 7.21g (2.62%), Sugar: 4.89g (5.43%), Cholesterol: 43.41mg (14.47%), Sodium: 466.15mg (20.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.28g (30.55%), Vitamin A: 10572IU (211.44%), Manganese: 0.36mg (18.04%), Selenium: 12.18µg (17.4%), Phosphorus: 142.99mg (14.3%), Vitamin K: 12.66µg (12.06%), Zinc: 1.68mg (11.19%), Iron: 1.99mg (11.03%), Fiber: 2.67g (10.67%), Potassium: 328.82mg (9.39%), Vitamin B12: 0.55µg (9.22%), Magnesium: 36.32mg (9.08%), Vitamin B3: 1.79mg (8.96%), Vitamin B6: 0.18mg (8.85%), Copper: 0.17mg (8.46%), Vitamin E: 1.18mg (7.86%), Vitamin B2: 0.12mg (7.09%), Vitamin C: 5.24mg (6.35%), Calcium: 42.71mg (4.27%), Folate: 16.57µg (4.14%), Vitamin B5: 0.35mg (3.55%), Vitamin B1: 0.04mg (2.36%), Vitamin D: 0.29µg (1.95%)