

# Pumpkin Corn Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



119 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 tablespoons butter
- 1 Dash ground pepper
- 2 teaspoons chili powder
- 2 cups corn fresh thawed
- 2 garlic clove minced
- 1 jalapeno seeded chopped
- 2 tablespoons juice of lime
- 1 large onion chopped

- 1 medium bell pepper sweet red chopped
- 0.5 teaspoon salt
- 15 ounces pumpkin puree canned
- 28 ounces vegetable stock canned

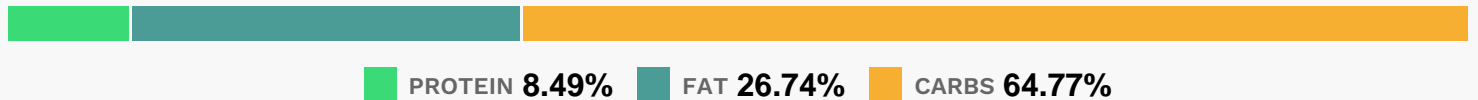
## Equipment

- sauce pan

## Directions

- In a large saucepan, saute onion and red pepper in butter until almost tender.
- Add the corn, jalapeno, garlic and chili powder; saute 2 minutes longer.
- Stir in the broth, pumpkin, salt and cayenne until blended. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. Stir in lime juice.

## Nutrition Facts



## Properties

Glycemic Index:35.43, Glycemic Load:1.41, Inflammation Score:-10, Nutrition Score:12.248260792831%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg 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: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

## Nutrients (% of daily need)

Calories: 118.78kcal (5.94%), Fat: 3.95g (6.08%), Saturated Fat: 2.24g (13.99%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 17.44g (6.34%), Sugar: 4.8g (5.33%), Cholesterol: 8.6mg (2.87%), Sodium: 662.02mg (28.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin A: 10529.6IU (210.59%), Vitamin C: 33.23mg (40.28%), Fiber: 4.1g (16.39%), Manganese: 0.24mg (11.96%), Vitamin K: 11.94µg (11.38%), Vitamin B6: 0.23mg (11.33%), Potassium: 356.73mg (10.19%), Folate: 39.33µg (9.83%), Vitamin E: 1.31mg (8.76%), Magnesium: 35.06mg (8.76%), Iron: 1.41mg (7.83%), Phosphorus: 78.06mg (7.81%), Vitamin B3: 1.31mg (6.57%), Vitamin B2: 0.1mg

(6.14%), Vitamin B1: 0.09mg (5.83%), Copper: 0.11mg (5.54%), Vitamin B5: 0.49mg (4.88%), Zinc: 0.56mg (3.72%), Calcium: 29.16mg (2.92%), Selenium: 1.04µg (1.48%)