



HEALTH SCORE

59%

Pumpkin-Leek Soup



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



8

CALORIES



119 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce pumpkin puree canned
- ☐ 2 celery stalks sliced
- ☐ 1 tablespoon rosemary fresh
- ☐ 1 clove garlic chopped
- ☐ 8 servings kosher salt and pepper
- ☐ 2 leeks light white green rinsed sliced (and parts)
- ☐ 6 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil

☐

1 medium pumpkin or peeled cut into 1/2-inch cubes

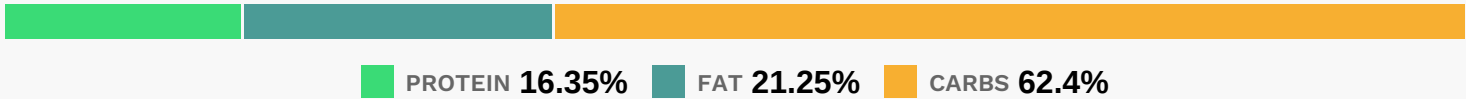
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Heat the oil in a large saucepan over medium heat.
- ☐ Add the leeks, celery, and garlic and cook, stirring often, until softened, about 5 minutes.
- ☐ Add the pumpkin cubes and canned puree, then the broth. Simmer until the pumpkin is tender, about 25 minutes. Stir in 1 3/4 teaspoons salt and 1/4 teaspoon pepper. Working in batches, ladle the soup into a blender and puree until smooth. Divide among individual bowls and top with the rosemary.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.92, Inflammation Score:-10, Nutrition Score:15.117391259774%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 118.65kcal (5.93%), Fat: 3.14g (4.83%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 20.75g (6.92%), Net Carbohydrates: 16.87g (6.14%), Sugar: 4.93g (5.48%), Cholesterol: 0mg (0%), Sodium: 258.71mg (11.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.87%), Vitamin A: 18620.93IU (372.42%), Vitamin C: 24.79mg (30.05%), Vitamin K: 21.35µg (20.33%), Manganese: 0.39mg (19.29%), Vitamin B3: 3.84mg (19.21%), Potassium:

637.6mg (18.22%), Vitamin E: 2.37mg (15.82%), Fiber: 3.88g (15.5%), Magnesium: 52.54mg (13.13%), Iron: 2.27mg (12.61%), Vitamin B6: 0.25mg (12.5%), Copper: 0.24mg (12.19%), Folate: 46.57µg (11.64%), Phosphorus: 111.41mg (11.14%), Calcium: 81.04mg (8.1%), Vitamin B1: 0.12mg (8.06%), Vitamin B2: 0.11mg (6.39%), Vitamin B5: 0.63mg (6.25%), Vitamin B12: 0.18µg (2.95%), Zinc: 0.44mg (2.95%), Selenium: 0.96µg (1.37%)