



Pumpkin Soup

READY IN



50 min.

SERVINGS



4

CALORIES



382 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 apples diced peeled
- ☐ 2 tablespoons butter
- ☐ 2 carrots diced peeled
- ☐ 3 cups chicken stock see
- ☐ 1 cup cup heavy whipping cream
- ☐ 1 onion diced
- ☐ 2 cups pumpkin fresh diced
- ☐ 1 tablespoon sage leaves
- ☐ 4 servings salt and pepper freshly ground

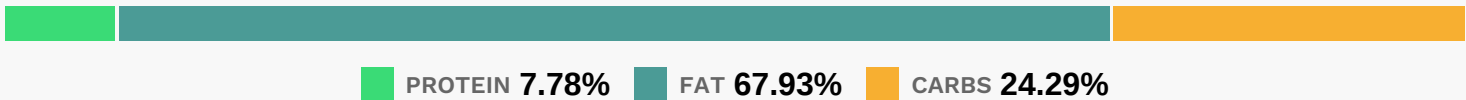
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ In a stockpot over medium heat, melt butter and saute onion, carrot, apple, roasted pumpkin, and sage until all are tender, about 8 to 10 minutes. Puree the mixture in a food mill; if you do not have a food mill, then puree in a food processor or blender. Return the puree to the stockpot, add the chicken stock and simmer for 15 minutes. Then add the cream and simmer for 5 more minutes, lowering the heat if necessary so it does not boil. Season, to taste, with salt and pepper.
- ☐ Divide soup among 4 soup bowls and serve immediately.
- ☐ Cook's Note: To roast pumpkin, preheat oven to 400 degrees F.
- ☐ Cut whole pumpkin in half and then cut each half into several pieces. Discard seeds or reserve for another use.
- ☐ Place pumpkin on a baking sheet, drizzle with olive oil, and season with salt and pepper. Roast in oven until tender but not falling apart, about 30 to 40 minutes.
- ☐ Let cool, peel away skin, and dice.

Nutrition Facts



Properties

Glycemic Index:56.96, Glycemic Load:5.7, Inflammation Score:-10, Nutrition Score:17.976086958595%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

Nutrients (% of daily need)

Calories: 381.72kcal (19.09%), Fat: 29.63g (45.58%), Saturated Fat: 17.97g (112.29%), Carbohydrates: 23.84g (7.95%), Net Carbohydrates: 21.03g (7.65%), Sugar: 13.53g (15.03%), Cholesterol: 87.68mg (29.23%), Sodium: 535.52mg (23.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.27%), Copper: 4.76mg (238.06%), Vitamin A: 11112.97IU (222.26%), Vitamin B2: 0.37mg (21.75%), Potassium: 637.28mg (18.21%), Vitamin B3: 3.61mg (18.03%), Manganese: 0.32mg (15.89%), Vitamin C: 11.86mg (14.38%), Phosphorus: 134.52mg (13.45%), Vitamin B6: 0.26mg (13%), Fiber: 2.81g (11.24%), Vitamin E: 1.67mg (11.12%), Vitamin B1: 0.15mg (9.95%), Selenium: 6.16µg (8.8%), Calcium: 87.6mg (8.76%), Folate: 33.26µg (8.31%), Vitamin K: 8.53µg (8.12%), Magnesium: 29.71mg (7.43%), Iron: 1.28mg (7.09%), Vitamin D: 0.95µg (6.35%), Zinc: 0.75mg (5.02%), Vitamin B5: 0.48mg (4.77%), Vitamin B12: 0.11µg (1.78%)