



Pumpkin Soup

 Gluten Free

READY IN



135 min.

SERVINGS



6

CALORIES



740 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large butternut squash
- ☐ 300 grams honey
- ☐ 1.5 litres chicken stock see
- ☐ 2 tablespoons coriander seeds
- ☐ 2 chillies dried
- ☐ 6 servings olive oil extra-virgin
- ☐ 9 servings glugs olive oil
- ☐ 1 onion finely chopped

- ☐ 10 slices pancetta cut into 1/2-inch 1 centimetre pieces
- ☐ 1 bunch sage fresh
- ☐ 4 tablespoons cup heavy whipping cream sour

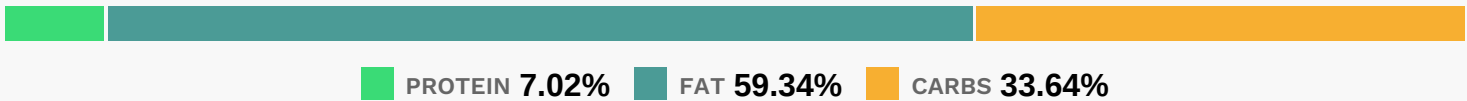
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mortar and pestle

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F. (200 degrees C/Gas
- ☐ Cut the squash in half and remove the seeds, reserving these for later. Using your pestle and mortar, bash up the coriander and chili, nice and fine, and sprinkle over the squash.
- ☐ Drizzle with a little oil and roast in a hot oven until nice and soft.
- ☐ Heat a little oil in a large pan and fry the pancetta with half the sage leaves.
- ☐ Add the chestnuts and the onion and fry gently for about 15 minutes. By this time the squash will be ready, so spoon it out into the pan, leaving the skin behind. Cover with the stock and bring to the boil.
- ☐ Remove half the mixture and blend until smooth, then pour back into the pan.
- ☐ Take the rest of the sage leaves and the reserved squash seeds and fry them in a little oil until crisp. To serve, spoon a little sour cream on top of the soup, sprinkle with a little of the crisp sage and seeds, and finish with a good drizzle of extra-virgin olive oil.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:12.3, Inflammation Score:-10, Nutrition Score:34.08173925462%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 739.64kcal (36.98%), Fat: 50.14g (77.14%), Saturated Fat: 9.8g (61.23%), Carbohydrates: 63.96g (21.32%), Net Carbohydrates: 57.78g (21.01%), Sugar: 10.63g (11.81%), Cholesterol: 27.73mg (9.24%), Sodium: 532.85mg (23.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.34g (26.68%), Vitamin A: 26698.59IU (533.97%), Copper: 5.69mg (284.3%), Vitamin C: 74.94mg (90.83%), Vitamin E: 8.86mg (59.04%), Manganese: 0.9mg (45.07%), Potassium: 1503.04mg (42.94%), Vitamin B3: 8.58mg (42.88%), Vitamin B6: 0.8mg (40.22%), Vitamin B1: 0.49mg (32.95%), Magnesium: 124.1mg (31.02%), Folate: 113.23µg (28.31%), Fiber: 6.18g (24.72%), Vitamin K: 24.7µg (23.52%), Phosphorus: 222.68mg (22.27%), Iron: 3.56mg (19.78%), Vitamin B2: 0.32mg (18.81%), Selenium: 12.35µg (17.64%), Calcium: 173.9mg (17.39%), Vitamin B5: 1.42mg (14.19%), Zinc: 1.42mg (9.46%), Vitamin B12: 0.13µg (2.22%)