



Pumpkin soup



Vegetarian



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



252 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 2 onion finely chopped
- ☐ 1 kg kabocha squash peeled deseeded chopped (try kabocha)
- ☐ 700 ml vegetable stock
- ☐ 150 ml double cream
- ☐ 4 slices bread seeded
- ☐ 1 handful pumpkin seeds

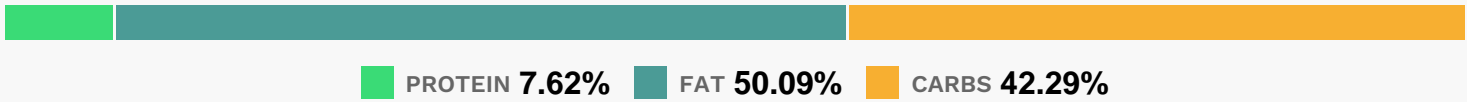
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ immersion blender

Directions

- ☐ Heat 2 tbsp olive oil in a large saucepan, then gently cook 2 finely chopped onions for 5 mins, until soft but not coloured.
- ☐ Add 1kg pumpkin or squash, cut into chunks, to the pan, then carry on cooking for 8-10 mins, stirring occasionally until it starts to soften and turn golden.
- ☐ Pour 700ml vegetable or chicken stock into the pan and season with salt and pepper. Bring to the boil, then simmer for 10 mins until the squash is very soft.
- ☐ Pour 150ml double cream into the pan, bring back to the boil, then pure with a hand blender. For an extra-velvety consistency you can pour the soup through a fine sieve. The soup can now be frozen for up to 2 months.
- ☐ To make the croutons: cut 4 slices wholemeal seeded bread into small squares.
- ☐ Heat 2 tbsp olive oil in a frying pan, then fry the bread until it starts to become crisp.
- ☐ Add a handful of pumpkin seeds to the pan, then cook for a few mins more until they are toasted. These can be made a day ahead and stored in an airtight container.
- ☐ Reheat the soup if needed, taste for seasoning, then serve scattered with croutons and seeds and drizzled with more olive oil, if you want.

Nutrition Facts



Properties

Glycemic Index:25.28, Glycemic Load:6.25, Inflammation Score:-9, Nutrition Score:13.431739027086%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 252.23kcal (12.61%), Fat: 14.74g (22.68%), Saturated Fat: 6.64g (41.5%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 23.75g (8.64%), Sugar: 7.77g (8.63%), Cholesterol: 28.42mg (9.47%), Sodium: 562.56mg (24.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.09%), Vitamin A: 2896.18IU (57.92%), Manganese: 0.73mg (36.27%), Vitamin C: 23.37mg (28.32%), Potassium: 708.82mg (20.25%), Vitamin B6: 0.35mg (17.67%), Fiber: 4.25g (17.01%), Folate: 55.91µg (13.98%), Vitamin B2: 0.19mg (11.28%), Magnesium: 44.12mg (11.03%), Phosphorus: 105.18mg (10.52%), Calcium: 102.25mg (10.22%), Vitamin B1: 0.15mg (9.69%), Selenium: 6.44µg (9.19%), Copper: 0.18mg (8.99%), Iron: 1.59mg (8.82%), Vitamin B3: 1.73mg (8.64%), Vitamin E: 1.22mg (8.1%), Vitamin K: 7.06µg (6.73%), Vitamin B5: 0.55mg (5.52%), Zinc: 0.81mg (5.43%), Vitamin D: 0.4µg (2.68%)