



Pumpkin Soup

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



110 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 15 ounce pumpkin canned
- ☐ 0.5 teaspoon curry powder
- ☐ 29 ounce less-sodium chicken broth fat-free canned
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 garlic cloves crushed
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 cup milk 1% low-fat
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sweet potatoes and into cubed peeled ()

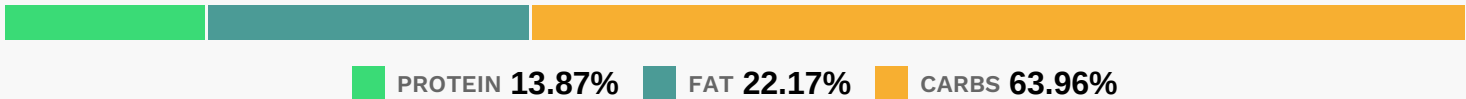
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium-high heat.
- ☐ Add onion; saute 3 minutes. Stir in flour, curry powder, cumin, nutmeg, and garlic; saute 1 minute.
- ☐ Add sweet potato, salt, broth, and pumpkin; bring to a boil. Reduce heat; simmer, partially covered, 20 minutes or until potato is tender, stirring occasionally.
- ☐ Remove from heat; cool 10 minutes.
- ☐ Place half of pumpkin mixture in a blender or food processor; process until smooth.
- ☐ Pour pureed soup into a large bowl. Repeat procedure with remaining pumpkin mixture. Return soup to pan; stir in milk. Cook over medium heat 6 minutes or until thoroughly heated, stirring often (do not boil).
- ☐ Remove from heat; stir in juice.
- ☐ Garnish with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:53.33, Glycemic Load:4.94, Inflammation Score:-10, Nutrition Score:12.17304342726%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 110.01kcal (5.5%), Fat: 2.85g (4.39%), Saturated Fat: 1.57g (9.84%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 15.11g (5.49%), Sugar: 6.65g (7.39%), Cholesterol: 6.98mg (2.33%), Sodium: 705mg (30.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.02%), Vitamin A: 14314.94IU (286.3%), Fiber: 3.39g (13.55%), Manganese: 0.27mg (13.44%), Vitamin K: 12.26µg (11.68%), Potassium: 379.16mg (10.83%), Phosphorus: 106.21mg (10.62%), Vitamin B2: 0.16mg (9.67%), Iron: 1.67mg (9.28%), Calcium: 91.32mg (9.13%), Vitamin B6: 0.18mg (8.91%), Vitamin B12: 0.52µg (8.63%), Selenium: 5.86µg (8.38%), Vitamin B5: 0.83mg (8.28%), Magnesium: 32.8mg (8.2%), Vitamin C: 6.57mg (7.97%), Copper: 0.16mg (7.91%), Vitamin B1: 0.11mg (7.47%), Vitamin B3: 1.47mg (7.34%), Folate: 25.71µg (6.43%), Vitamin E: 0.92mg (6.16%), Zinc: 0.48mg (3.22%), Vitamin D: 0.43µg (2.88%)