



Pumpkin Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



62 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 oz pumpkin canned
- ☐ 0.1 teaspoon cayenne
- ☐ 4 teaspoons cornstarch
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup nonfat milk
- ☐ 2 tablespoons nonfat yogurt plain sour

- ☐ 8 oz onion chopped
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 8 servings salt
- ☐ 3.8 cups vegetable broth

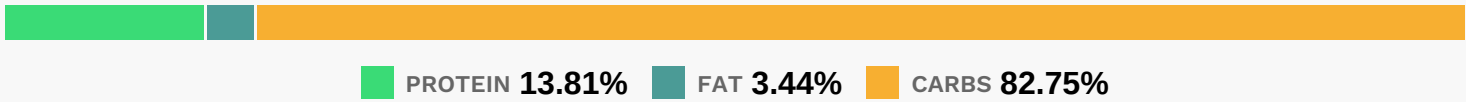
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender

Directions

- ☐ In a 4- to 5-quart pan, frequently stir onion, garlic, pumpkin pie spice, cayenne, and 1/4 cup broth over high heat until pan is dry, about 3 minutes.
- ☐ In a blender or food processor, smoothly pure onion mixture, adding a little more broth if needed to facilitate the process.
- ☐ Return pure to pan; add remaining broth, pumpkin, and honey.
- ☐ Smoothly mix milk with cornstarch and stir into soup. Stirring, bring to a boil over high heat.
- ☐ Add lemon juice and salt to taste.
- ☐ Ladle soup into shallow bowls. Stir sour cream to soften, then drizzle a small amount into each bowl.

Nutrition Facts



Properties

Glycemic Index:27.44, Glycemic Load:2.92, Inflammation Score:-10, Nutrition Score:8.804782603098%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 62.41kcal (3.12%), Fat: 0.26g (0.39%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 13.88g (4.63%), Net Carbohydrates: 11.78g (4.28%), Sugar: 8.06g (8.95%), Cholesterol: 1.02mg (0.34%), Sodium: 655.09mg (28.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.63%), Vitamin A: 8584.43IU (171.69%), Manganese: 0.17mg (8.65%), Fiber: 2.1g (8.42%), Vitamin K: 8.74µg (8.32%), Calcium: 74.23mg (7.42%), Phosphorus: 69.36mg (6.94%), Vitamin C: 5.43mg (6.58%), Potassium: 223.44mg (6.38%), Vitamin B2: 0.09mg (5.35%), Magnesium: 20.46mg (5.12%), Iron: 0.89mg (4.92%), Vitamin B6: 0.1mg (4.84%), Vitamin B5: 0.4mg (3.98%), Vitamin E: 0.59mg (3.91%), Copper: 0.07mg (3.74%), Vitamin B12: 0.21µg (3.47%), Folate: 13.52µg (3.38%), Vitamin B1: 0.05mg (3.18%), Zinc: 0.35mg (2.32%), Vitamin D: 0.34µg (2.25%), Selenium: 1.33µg (1.9%), Vitamin B3: 0.29mg (1.44%)