



Pumpkin Soup Stock

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



81 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 carrots
- 2 rib celery
- 3 to 4 chicken wings
- 2 tablespoons ginger fresh grated
- 0.5 cup parsley fresh chopped
- 2 garlic cloves
- 1 large leek
- 2 tablespoons juice of lime

- 1 large onion
- 1 medium parsnips
- 2 cups pumpkin puree
- 1 teaspoon salt
- 5 cups water


Equipment

- food processor
- blender
- dutch oven

Directions

- Chop first 5 ingredients, and mince garlic cloves.
- Bring chopped vegetables, minced garlic, 5 cups water, and next 5 ingredients to a boil in a large Dutch oven over medium heat; cover, reduce heat, and simmer mixture for 2 hours.
- Remove and discard chicken wings. Stir in Pumpkin Puree.
- Process mixture, in small batches, in a blender or food processor until smooth, stopping to scrape down sides. Cool. Chill up to 5 days, or freeze up to 3 months.
- *2 cups canned pumpkin may be substituted for Pumpkin Puree.

Nutrition Facts

 **PROTEIN 18.55%**  **FAT 27.47%**  **CARBS 53.98%**

Properties

Glycemic Index:26.68, Glycemic Load:2.22, Inflammation Score:-10, Nutrition Score:12.810869490647%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg

Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 80.6kcal (4.03%), Fat: 2.6g (4%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 8.39g (3.05%), Sugar: 4.03g (4.48%), Cholesterol: 11.1mg (3.7%), Sodium: 265.97mg (11.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.89%), Vitamin A: 10089.03IU (201.78%), Vitamin K: 66.47µg (63.3%), Vitamin C: 12.85mg (15.57%), Manganese: 0.26mg (13.07%), Fiber: 3.09g (12.37%), Potassium: 287.43mg (8.21%), Folate: 32.81µg (8.2%), Vitamin B6: 0.16mg (8.05%), Iron: 1.37mg (7.63%), Magnesium: 27.52mg (6.88%), Vitamin B3: 1.37mg (6.87%), Vitamin E: 0.99mg (6.62%), Copper: 0.13mg (6.42%), Phosphorus: 62.52mg (6.25%), Vitamin B5: 0.49mg (4.86%), Selenium: 2.99µg (4.27%), Calcium: 42.42mg (4.24%), Vitamin B1: 0.06mg (3.86%), Vitamin B2: 0.07mg (3.84%), Zinc: 0.49mg (3.27%)