



53%  
HEALTH SCORE

## Pumpkin Soup (Vegan)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



203 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 350 g pumpkin puree
- 4 medium onion chopped
- 3 carrots sliced
- 1 leek sliced
- 3 medium potatoes diced
- 2 teaspoons garlic powder
- 2 teaspoons thyme leaves
- 2 teaspoons rosemary

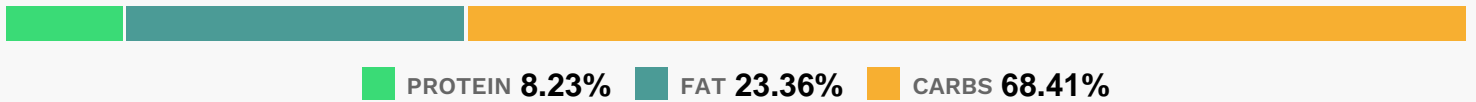
- 2 vegetable cube
- 2 liters water
- 2 tablespoons olive oil
- 1 pinch nutmeg

## Equipment

## Directions

- Fry the onions in the olive oil for five minutes, then add the leeks and carrot, and potatoes and fry for further 5 minutes.
- Add the garlic powder, herbs, stock cubes and season with salt and pepper.
- Add the pumpkin and water; stir well and simmer for 30 minutes until the carrots are soft.
- Blend or leave chunky and serve with alrpo soya cream and chunky bread.

## Nutrition Facts



## Properties

Glycemic Index:63.26, Glycemic Load:16.79, Inflammation Score:-10, Nutrition Score:17.156956439433%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 15.71mg, Quercetin: 15.71mg, Quercetin: 15.71mg, Quercetin: 15.71mg

## Nutrients (% of daily need)

Calories: 203.48kcal (10.17%), Fat: 5.53g (8.51%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 36.46g (12.15%), Net Carbohydrates: 29.8g (10.84%), Sugar: 8.05g (8.95%), Cholesterol: 0mg (0%), Sodium: 280.38mg (12.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.77%), Vitamin A: 14457.5IU (289.15%), Vitamin C: 33.54mg (40.66%), Fiber: 6.66g (26.64%), Vitamin B6: 0.53mg (26.56%), Manganese: 0.49mg (24.31%), Vitamin K: 25.46µg (24.25%), Potassium: 816.84mg (23.34%), Copper: 0.3mg (15.09%), Magnesium: 58.61mg (14.65%), Folate: 54.26µg (13.57%), Iron: 2.41mg (13.4%), Phosphorus: 123.48mg (12.35%), Vitamin B1: 0.17mg (11.16%), Vitamin E: 1.66mg (11.07%), Vitamin B3: 1.8mg (9.02%), Calcium: 77.9mg (7.79%), Vitamin B5: 0.75mg (7.53%), Vitamin B2: 0.11mg

(6.61%), Zinc: 0.7mg (4.69%), Selenium: 1.34µg (1.92%)