



Pumpkin Soup with Chili Cran-Apple Relish

READY IN



45 min.

SERVINGS



8

CALORIES



403 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 apples such as mcintosh or granny smith, finely chopped crisp
- ☐ 2 tablespoons butter
- ☐ 6 cups chicken stock see
- ☐ 1 teaspoon chili powder
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 bay leaf fresh
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 teaspoons ground thyme
- ☐ 2 cups heavy cream

- ☐ 2 teaspoons honey
- ☐ 2 teaspoons hot sauce to taste
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 28 ounce pumpkin puree cooked canned
- ☐ 0.3 onion red finely chopped
- ☐ 8 servings salt and pepper
- ☐ 0.5 cup cranberries dried sweetened chopped
- ☐ 1 medium onion yellow finely chopped

Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

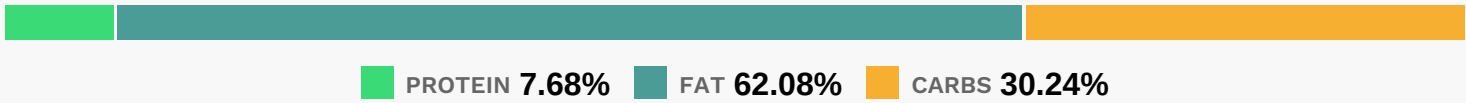
Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a medium soup pot over medium to medium high heat.
- ☐ Add the oil and melt the butter.
- ☐ Add bay, celery, and onion. Season the veggies with salt and pepper. Cook 6 or 7 minutes, until tender.
- ☐ Add flour, poultry seasoning and hot sauce, to taste, then cook flour a minute.
- ☐ Whisk in chicken stock and bring liquid to a bubble.
- ☐ Whisk in pumpkin in large spoonfuls to incorporate it into the broth. Simmer soup 10 minutes to thicken a bit then add in cream and nutmeg. Reduce heat to low and keep warm until ready to serve.
- ☐ While soup cooks, assemble the relish: combine apple, onion, lemon juice, cranberries, chili powder, honey and cinnamon.

☐

Adjust seasonings in soup and relish and serve soup in shallow bowls with a few spoonfuls of relish.

Nutrition Facts



Properties

Glycemic Index:42.28, Glycemic Load:3.52, Inflammation Score:-10, Nutrition Score:15.290869567705%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 403.18kcal (20.16%), Fat: 28.81g (44.32%), Saturated Fat: 16.53g (103.32%), Carbohydrates: 31.58g (10.53%), Net Carbohydrates: 27.13g (9.87%), Sugar: 18.08g (20.08%), Cholesterol: 80.16mg (26.72%), Sodium: 526.91mg (22.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.03%), Vitamin A: 16512.67IU (330.25%), Vitamin K: 24.95µg (23.76%), Vitamin B2: 0.35mg (20.69%), Fiber: 4.45g (17.8%), Vitamin B3: 3.55mg (17.76%), Vitamin E: 2.3mg (15.35%), Potassium: 522.53mg (14.93%), Manganese: 0.29mg (14.28%), Phosphorus: 132.25mg (13.23%), Iron: 2.31mg (12.82%), Copper: 0.24mg (12.09%), Vitamin B6: 0.24mg (11.83%), Vitamin C: 9.5mg (11.52%), Selenium: 7.37µg (10.53%), Magnesium: 40.16mg (10.04%), Vitamin B1: 0.14mg (9.16%), Calcium: 85.67mg (8.57%), Folate: 34.22µg (8.55%), Vitamin D: 0.95µg (6.35%), Vitamin B5: 0.63mg (6.26%), Zinc: 0.67mg (4.48%), Vitamin B12: 0.1µg (1.69%)