



Pumpkin Soup with Pumpkin Seed-Mint Pesto



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings soup
- ☐ 1.5 tablespoons ginger fresh chopped
- ☐ 0.3 cup mint leaves fresh
- ☐ 1 small garlic clove
- ☐ 4 large garlic cloves chopped
- ☐ 2 teaspoons ground coriander
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.8 teaspoon kosher salt

- ☐ 4.5 cups chicken broth reduced-sodium
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 4 servings pesto
- ☐ 4.5 cups in. chunks pumpkin peeled (from a)
- ☐ 0.3 cup roasted pumpkin seeds salted

Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ mortar and pestle

Directions

- ☐ Make soup: Saut onion and ginger in oil in a medium pot over medium-high heat until golden, 5 minutes.
- ☐ Add garlic and coriander and cook until softened, 1 minute, then add pumpkin, broth, salt, and pepper. Simmer, covered, until pumpkin is very tender, 8 to 10 minutes. Pure in batches in a blender until very smooth.
- ☐ Make pesto: Pound garlic, whole mint leaves, salt, and 1 tbsp. oil in a mortar into a coarse paste (or use a food processor).
- ☐ Add remaining oil and pumpkin seeds and pound until coarsely crushed.
- ☐ Drop small spoonfuls of pesto over bowls of soup, garnish with slivered mint, and serve remaining pesto on the side.

Nutrition Facts



 PROTEIN 9.9%  FAT 65.25%  CARBS 24.85%

Properties

Glycemic Index:51.5, Glycemic Load:6.85, Inflammation Score:-10, Nutrition Score:19.149565157683%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 2.63mg, Luteolin: 2.63mg, Luteolin: 2.63mg, Luteolin: 2.63mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 487.37kcal (24.37%), Fat: 36.69g (56.44%), Saturated Fat: 7.01g (43.81%), Carbohydrates: 31.43g (10.48%), Net Carbohydrates: 27.52g (10.01%), Sugar: 8.19g (9.1%), Cholesterol: 6.16mg (2.05%), Sodium: 1403mg (61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.52g (25.04%), Vitamin A: 12073.93IU (241.48%), Potassium: 1408.95mg (40.26%), Manganese: 0.71mg (35.38%), Vitamin E: 4.4mg (29.31%), Phosphorus: 248.38mg (24.84%), Vitamin B3: 4.92mg (24.62%), Copper: 0.45mg (22.64%), Vitamin C: 17.36mg (21.04%), Magnesium: 71.43mg (17.86%), Iron: 2.94mg (16.33%), Fiber: 3.91g (15.66%), Vitamin B2: 0.26mg (15.45%), Vitamin K: 14.73µg (14.03%), Calcium: 139.35mg (13.94%), Vitamin B6: 0.21mg (10.74%), Zinc: 1.46mg (9.7%), Folate: 36.93µg (9.23%), Vitamin B1: 0.1mg (6.77%), Vitamin B5: 0.52mg (5.21%), Vitamin B12: 0.27µg (4.43%), Selenium: 2.1µg (3%)