



## Pumpkin Soup with Sweet Croutons

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



47 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 5 servings croutons sweet
- 0.5 teaspoon curry powder
- 1 tablespoon ginger fresh grated
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon ground pepper red
- 0.3 teaspoon ground pepper black
- 1 cup milk
- 0.5 teaspoon salt

4 cups pumpkin soup stock

0.5 teaspoon sugar

## Equipment

sauce pan

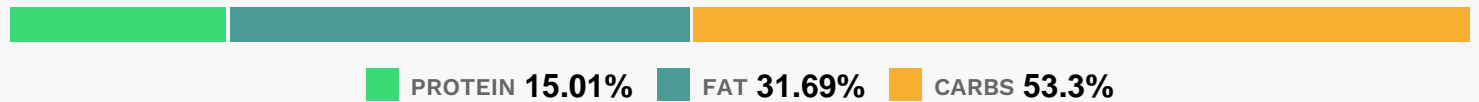
## Directions

Cook first 9 ingredients in a large saucepan over medium heat 20 minutes or until thoroughly heated.

Serve with Sweet Croutons.

NOTE: For testing purposes only, we used Spice World ground fresh ginger in a jar.

## Nutrition Facts



## Properties

Glycemic Index:62.82, Glycemic Load:2.77, Inflammation Score:-4, Nutrition Score:2.3808695673943%

## Nutrients (% of daily need)

Calories: 46.72kcal (2.34%), Fat: 1.68g (2.58%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 6.12g (2.23%), Sugar: 4.38g (4.87%), Cholesterol: 5.86mg (1.95%), Sodium: 1010.41mg (43.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin A: 503.11IU (10.06%), Calcium: 63.63mg (6.36%), Phosphorus: 51.98mg (5.2%), Vitamin B12: 0.26µg (4.39%), Vitamin B2: 0.07mg (4.23%), Vitamin D: 0.54µg (3.58%), Manganese: 0.05mg (2.53%), Potassium: 86.16mg (2.46%), Vitamin B1: 0.03mg (2.31%), Selenium: 1.36µg (1.95%), Vitamin B5: 0.19mg (1.91%), Magnesium: 7.59mg (1.9%), Vitamin B6: 0.04mg (1.81%), Zinc: 0.23mg (1.51%)