



Pumpkin soup with wine

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



461 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 750 g muscat pumpkin cleaned
- 200 g cup heavy whipping cream
- 200 g cream sour
- 500 ml vegetable stock
- 4 servings sage fresh chopped
- 150 ml red wine

Equipment

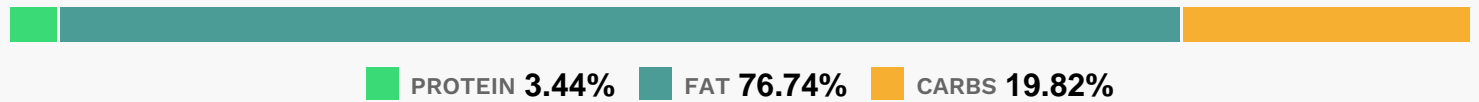
- baking sheet

- pot
- blender
- aluminum foil

Directions

- Cut the pumpkin into large chunks, and place on a parchment or foil-lined baking sheet.
- Drizzle with oil and roast at 200C until fork-tender and golden.
- In a blender mash the roasted pumpkin until smooth.
- Transfer into a soup pot.
- Add cream, sour cream, wine and vegetable stock, stir and combine.
- Bring the soup to a boil, then immediately remove from the flame.
- Sprinkle with chopped fresh sage leaves serve with croutons.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.86, Inflammation Score:-8, Nutrition Score:4.6047826086957%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg Malvidin: 5.26mg, Malvidin: 5.26mg, Malvidin: 5.26mg, Malvidin: 5.26mg Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg Catechin: 2.72mg, Catechin: 2.72mg, Catechin: 2.72mg, Catechin: 2.72mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Taste

Sweetness: 56.83%, Saltiness: 6.09%, Sourness: 100%, Bitterness: 50.48%, Savoriness: 15.42%, Fattiness: 50.63%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 461.35kcal (23.07%), Fat: 27.75g (42.7%), Saturated Fat: 16.55g (103.44%), Carbohydrates: 16.13g (5.38%), Net Carbohydrates: 16.13g (5.86%), Sugar: 4.46g (4.95%), Cholesterol: 86mg (28.67%), Sodium: 527.17mg (22.92%), Alcohol: 20.53g (114.07%), Protein: 2.8g (5.6%), Vitamin A: 1311.72IU (26.23%), Vitamin B2: 0.19mg (11.17%), Calcium: 86.81mg (8.68%), Phosphorus: 75.76mg (7.58%), Copper: 0.14mg (7.08%), Vitamin D: 0.8µg (5.33%), Selenium: 3.43µg (4.89%), Potassium: 158.48mg (4.53%), Vitamin E: 0.65mg (4.33%), Magnesium: 13.13mg (3.28%), Vitamin B12: 0.19µg (3.08%), Vitamin B5: 0.31mg (3.07%), Manganese: 0.06mg (3.01%), Vitamin B6: 0.06mg (2.98%), Vitamin K: 2.5µg (2.38%), Zinc: 0.34mg (2.26%), Vitamin B1: 0.02mg (1.47%), Iron: 0.26mg (1.47%), Folate: 5.38µg (1.35%)