



Quick Pumpkin Peanut Butter Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



434 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce coconut milk canned
- ☐ 4 sprigs cilantro leaves minced
- ☐ 1 tablespoon cinnamon
- ☐ 2 tablespoons curry powder
- ☐ 1 tablespoon ground ginger
- ☐ 0.5 cup peanut butter
- ☐ 2 large cans all-natural pumpkin puree (health-food stores)
- ☐ 6 servings salt and pepper to taste

- ☐ 4 scallions very thin sliced
- ☐ 0.3 cup sesame oil toasted
- ☐ 0.3 cup sucanat
- ☐ 3 quarts water

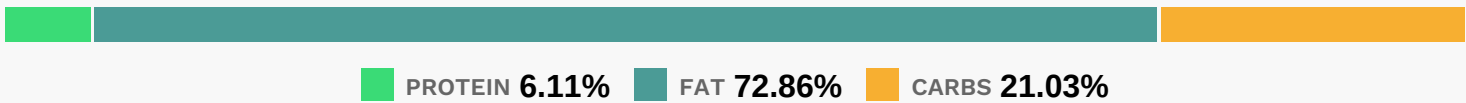
Equipment

- ☐ whisk
- ☐ pot

Directions

- ☐ Bring the first set of ingredients to a boil in a wide bottom pot.Reduce the heat to medium and whisk in the pumpkin and peanut butter, and cook 5 more minutes.Turn off the flame, and stir in the scallions and cilantro.Adjust texture and seasonings.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:13.163478187893%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 433.7kcal (21.69%), Fat: 37.29g (57.37%), Saturated Fat: 18.49g (115.56%), Carbohydrates: 24.21g (8.07%), Net Carbohydrates: 19.87g (7.23%), Sugar: 16.8g (18.67%), Cholesterol: 0mg (0%), Sodium: 327.11mg (14.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.08%), Manganese: 1.59mg (79.42%), Vitamin K: 25µg (23.81%), Copper: 0.4mg (19.78%), Magnesium: 78.12mg (19.53%), Vitamin E: 2.75mg (18.32%), Vitamin B3: 3.64mg (18.19%), Fiber: 4.34g (17.36%), Phosphorus: 157.27mg (15.73%), Iron: 2.64mg (14.66%), Potassium: 402.05mg (11.49%), Folate: 39.3µg (9.82%), Selenium: 6.33µg (9.05%), Zinc: 1.25mg (8.32%), Vitamin B6: 0.16mg (8.07%), Calcium: 77.04mg (7.7%), Vitamin A: 255.51IU (5.11%), Vitamin C: 4.19mg (5.08%), Vitamin B5: 0.4mg (3.98%), Vitamin B1: 0.06mg (3.95%), Vitamin B2: 0.06mg (3.39%)