



Roasted Pumpkin Soup

 Gluten Free

READY IN



135 min.

SERVINGS



8

CALORIES



188 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup bacon (3 slices)
- 8 servings pepper black freshly ground
- 0.3 cup sherry dry (fino)
- 1.5 teaspoons thyme sprigs fresh finely chopped
- 0.3 cup cup heavy whipping cream
- 8 servings kosher salt
- 2 cups chicken broth low-sodium
- 1 tablespoon olive oil

- 0.5 cup shallots (2 medium)
- 4 pound pumpkin seeds removed cut in half and
- 2 cups water

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- blender
- kitchen towels
- slotted spoon
- dutch oven

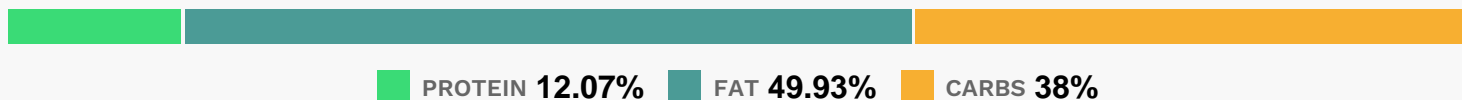
Directions

- Heat the oven to 375°F and arrange a rack in the middle. Rub the cut halves of the pumpkin with the oil and season generously with salt and pepper.
- Place on a baking sheet cut-side up and roast until fragrant, tender when pierced with a fork, and golden brown, about 70 minutes.
- Remove from the oven and let sit on the baking sheet until cool enough to handle, about 20 minutes. Using a large spoon, scoop out the flesh, place it in a medium bowl (you should have about 3 cups), and set it aside.
- Place the bacon in a large, heavy-bottomed saucepan or Dutch oven over medium heat and cook until crispy and the fat is rendered, about 10 minutes.
- Remove with a slotted spoon to a small paper-towel-lined plate and set aside.
- Add the shallots to the bacon fat, season with salt and pepper, and sauté until softened, about 4 minutes.
- Add the sherry and cook until reduced by half, about 2 minutes.
- Add the stock or broth, water, thyme, and reserved pumpkin and season with salt and pepper. Stir to combine, then bring to a simmer. Reduce the heat to low and simmer until the flavors have melded, about 10 minutes. Using a blender, purée the soup in batches until smooth,

removing the small cap from the blender lid (the pour lid) and covering the space with a kitchen towel (this allows steam from the hot soup to escape and prevents the blender lid from popping off).

- Place the blended soup in a clean saucepan. Stir in the cream and season with salt and pepper as needed.
- Serve garnished with the reserved bacon and the croutons, if using.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:10.46, Inflammation Score:-10, Nutrition Score:15.276956506397%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.87mg, Luteolin: 3.87mg, Luteolin: 3.87mg, Luteolin: 3.87mg

Nutrients (% of daily need)

Calories: 188.25kcal (9.41%), Fat: 10.91g (16.78%), Saturated Fat: 4.15g (25.92%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 17g (6.18%), Sugar: 7.79g (8.66%), Cholesterol: 18.16mg (6.05%), Sodium: 318.85mg (13.86%), Alcohol: 0.77g (100%), Alcohol %: 0.25% (100%), Protein: 5.93g (11.86%), Vitamin A: 19440.92IU (388.82%), Vitamin C: 22.24mg (26.96%), Potassium: 916.57mg (26.19%), Vitamin E: 2.8mg (18.63%), Manganese: 0.36mg (17.84%), Vitamin B2: 0.3mg (17.6%), Copper: 0.35mg (17.57%), Phosphorus: 153.87mg (15.39%), Vitamin B3: 2.81mg (14.07%), Iron: 2.29mg (12.73%), Vitamin B6: 0.24mg (12.13%), Vitamin B1: 0.17mg (11.02%), Folate: 41.87µg (10.47%), Magnesium: 35.32mg (8.83%), Vitamin B5: 0.83mg (8.26%), Zinc: 1.06mg (7.06%), Fiber: 1.68g (6.74%), Calcium: 65.65mg (6.57%), Selenium: 4.07µg (5.81%), Vitamin K: 4.1µg (3.9%), Vitamin B12: 0.14µg (2.41%), Vitamin D: 0.18µg (1.19%)