



 8%  
HEALTH SCORE

## Savory Pumpkin Soup

READY IN



50 min.

SERVINGS



10

CALORIES



350 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 cup almonds toasted
- 0.3 cup butter softened
- 0.3 cup cilantro leaves minced
- 0.5 cup parsley fresh minced
- 0.5 teaspoon garlic powder
- 2 cups cup heavy whipping cream
- 0.5 teaspoon onion powder
- 4 ounces soup noodles dry
- 0.5 cup yogurt plain

- 0.5 teaspoon pumpkin pie spice
- 5 cups pumpkin puree
- 0.3 cup mozzarella cheese shredded
- 0.5 cup cream sour for topping
- 2 cups vegetable stock

## Equipment

- sauce pan

## Directions

- In a large saucepan, mix the pumpkin, vegetable broth, heavy cream, garlic powder and onion powder. Bring to a boil. Stir in the pasta. Cook 12 minutes, or until pasta is tender but firm. Reduce heat to simmer.
- Stir in pumpkin pie spice, parsley and cilantro. Slowly stir butter, plain yogurt and sour cream into the mixture, making sure they do not curdle. Stir in the cheese, allowing it to melt.
- Serve topped with nuts.

## Nutrition Facts



**PROTEIN 7.1%** **FAT 67.86%** **CARBS 25.04%**

## Properties

Glycemic Index:26.2, Glycemic Load:3.87, Inflammation Score:-10, Nutrition Score:16.818260939225%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 350.29kcal (17.51%), Fat: 27.38g (42.12%), Saturated Fat: 16.01g (100.05%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 18.22g (6.62%), Sugar: 7.33g (8.15%), Cholesterol: 76.58mg (25.53%), Sodium: 273.02mg (11.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.9%), Vitamin A: 20389.03IU (407.78%), Vitamin K: 72.27µg (68.83%), Manganese: 0.4mg (19.82%), Vitamin E: 2.89mg (19.25%), Fiber: 4.52g (18.06%), Selenium: 10.53µg (15.04%), Vitamin B2: 0.25mg (14.93%), Phosphorus: 143.76mg (14.38%), Magnesium: 52.43mg (13.11%), Iron: 2.28mg (12.68%), Calcium: 122.8mg (12.28%), Vitamin C: 9.74mg (11.81%), Potassium: 408.06mg (11.66%), Copper: 0.22mg (10.83%), Vitamin B5: 0.79mg (7.9%), Folate: 27.1µg (6.77%), Vitamin B6: 0.12mg (6.15%), Zinc: 0.84mg (5.57%), Vitamin D: 0.79µg (5.23%), Vitamin B1: 0.07mg (4.5%), Vitamin B3: 0.87mg (4.37%), Vitamin B12: 0.22µg (3.65%)