



Slow Cooker Pumpkin Soup

 Vegetarian  Gluten Free

READY IN



270 min.

SERVINGS



4

CALORIES



236 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bay leaves
- 2 small cinnamon sticks
- 1 sprig rosemary fresh
- 1 sprig sage fresh
- 1 sprig thyme leaves fresh
- 0.5 cup heavy cream
- 1 tablespoon olive oil
- 1 medium onion chopped

1 medium pumpkin cubed seeded

Equipment

frying pan

slow cooker

immersion blender

cheesecloth

Directions

Heat the olive oil in a large skillet over medium-high heat.

Add pumpkin and onion; cook and stir until lightly browned.

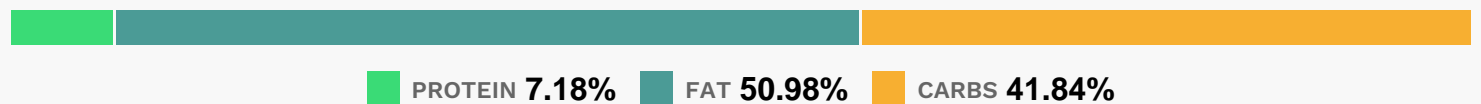
Transfer to a slow cooker.

Pour in enough chicken broth to cover the pumpkin. Tie the rosemary, thyme, sage, cinnamon, and bay leaves into a piece of cheesecloth, and place in the slow cooker. Cover and cook on Low for 4 hours.

After 4 hours, remove the herb sachet. Stir in the cream, and puree the soup with a hand blender until smooth.

Serve.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:15.29, Inflammation Score:-10, Nutrition Score:20.175652143748%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.67mg, Luteolin: 5.67mg, Luteolin: 5.67mg, Luteolin: 5.67mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 236.4kcal (11.82%), Fat: 14.64g (22.53%), Saturated Fat: 7.53g (47.04%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 23.89g (8.69%), Sugar: 11.46g (12.73%), Cholesterol: 33.62mg (11.21%), Sodium: 12.82mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Vitamin A: 29402.94IU (588.06%), Vitamin C: 33.31mg (40.37%), Manganese: 0.79mg (39.26%), Copper: 0.76mg (38.05%), Potassium: 1234.38mg (35.27%), Vitamin E: 4.43mg (29.52%), Vitamin B2: 0.44mg (25.86%), Phosphorus: 176.33mg (17.63%), Iron: 3.05mg (16.95%), Folate: 61.15µg (15.29%), Vitamin B6: 0.26mg (12.77%), Vitamin B1: 0.19mg (12.63%), Fiber: 3.16g (12.62%), Magnesium: 47.34mg (11.83%), Calcium: 117.1mg (11.71%), Vitamin B5: 1.13mg (11.3%), Vitamin B3: 2.12mg (10.6%), Zinc: 1.25mg (8.31%), Vitamin K: 7.45µg (7.1%), Vitamin D: 0.48µg (3.17%), Selenium: 2.11µg (3.01%)