



Spiced pumpkin soup

 **Gluten Free**  **Dairy Free**

READY IN



100 min.

SERVINGS



10

CALORIES



414 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 tbsp olive oil
- ☐ 4 small leek washed and roughly chopped trimmed
- ☐ 3 large potatoes diced
- ☐ 3 garlic clove crushed
- ☐ 2 butternut squash peeled deseeded cut into 4cm chunks
- ☐ 800 ml coconut milk canned
- ☐ 3 lemon grass
- ☐ 10 servings shrimp snipped (see recipe, below)

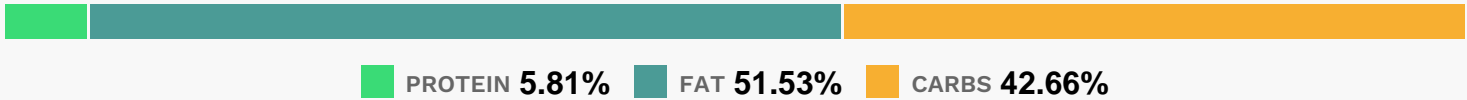
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ cleaver

Directions

- ☐ In a large pan, heat the oil with tsp salt and some pepper.
- ☐ Add the leeks and potatoes, cook for 5 mins over a medium heat, stirring constantly, then add the garlic and squash. Continue to cook for 10 mins to give everything a bit of colour.
- ☐ Add the coconut milk and 1 litre water, or enough to cover the mixture.
- ☐ Place the lemongrass on a board and crush with the flat end of a cleaver or knife, then add to the soup, turn the heat up and bring to the boil, then reduce the heat to a simmer. Cook for 20 mins until the squash is mushy.
- ☐ Remove the lemongrass.
- ☐ Blend until smooth (the soup should be nice and thick, but add a splash of water if it has become too thick). Return to the saucepan and put back onto the heat. Taste and season again, then serve with a bowl of snipped chives and one of Chilli shrimps (see below), allowing guests to help themselves.

Nutrition Facts



Properties

Glycemic Index:14.57, Glycemic Load:15.65, Inflammation Score:-10, Nutrition Score:26.112608826679%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 414.29kcal (20.71%), Fat: 25.29g (38.9%), Saturated Fat: 17.97g (112.34%), Carbohydrates: 47.1g (15.7%), Net Carbohydrates: 39.22g (14.26%), Sugar: 8.27g (9.19%), Cholesterol: 1.61mg (0.54%), Sodium: 33.48mg (1.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.83%), Vitamin A: 16540.84IU (330.82%), Manganese: 1.48mg (74.04%), Vitamin C: 60.17mg (72.94%), Potassium: 1288.71mg (36.82%), Vitamin B6: 0.68mg (33.98%), Fiber: 7.88g (31.52%), Magnesium: 117.93mg (29.48%), Copper: 0.5mg (24.84%), Folate: 95.13µg (23.78%), Iron: 4.17mg (23.15%), Vitamin E: 3.43mg (22.85%), Vitamin K: 23.95µg (22.81%), Phosphorus: 211.24mg (21.12%), Vitamin B1: 0.28mg (18.92%), Vitamin B3: 3.75mg (18.74%), Calcium: 122.57mg (12.26%), Vitamin B5: 1.13mg (11.32%), Selenium: 6.61µg (9.44%), Zinc: 1.19mg (7.93%), Vitamin B2: 0.08mg (4.65%)