



## Spiced Pumpkin Soup with Ginger Browned Butter

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



8

CALORIES



275 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 2 pounds acorn squash
- ☐ 7 tablespoons butter divided
- ☐ 2 carrots peeled chopped
- ☐ 4 cloves garlic chopped
- ☐ 2 tablespoons ginger divided freshly grated
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger

- ☐ 0.5 cup brown sugar light packed
- ☐ 8 cups chicken broth divided reduced-sodium
- ☐ 0.3 teaspoon nutmeg freshly ground
- ☐ 2 medium onions chopped
- ☐ 1 tsp salt
- ☐ 0.1 teaspoon cardamom seeds freshly ground (from 4 pods)
- ☐ 2 pounds sugar pie

## Equipment

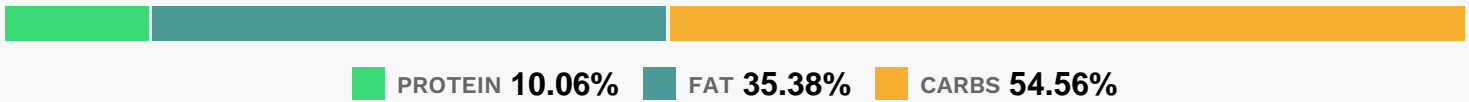
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ roasting pan
- ☐ aluminum foil
- ☐ stove
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 37
- ☐ Cut pumpkin and squash in half lengthwise. Scoop out seeds and any stringy parts. Put flesh side up in a large roasting pan with 1 cup broth. Cover pan with foil and bake until vegetables are tender when pierced with a fork, about 1 hour.
- ☐ Meanwhile, melt 3 tbsp. butter in a large pot over medium heat.
- ☐ Add onions and 1 tsp. salt. Cook, stirring occasionally, until onions are soft and start to look creamy, about 5 minutes. Reduce heat to low or medium-low and cook onions, stirring every few minutes, until they turn a caramel color and become quite sweet, about 30 minutes. Set aside.

- ☐ When pumpkin and squash are tender, scoop out flesh and set aside; discard skins. Reserve any liquid in bottom of pan.
- ☐ Return pot with onions to medium-high heat.
- ☐ Add garlic and 2 tbsp. fresh ginger. Cook, stirring, until fragrant, about 2 minutes.
- ☐ Add ground ginger, nutmeg, cloves, and cardamom. Cook, stirring, 1 minute.
- ☐ Add remaining 7 cups broth, the carrots, cooked pumpkin and squash, and reserved liquid from roasting pan. Bring to a boil, then reduce heat and simmer until carrots are tender, about 15 minutes.
- ☐ Whirl vegetables in a blender (in batches) until completely smooth. (For silky-smooth soup, you can pour the pureed soup through a strainer.) Return to pot and stir in brown sugar. Season with salt to taste. Keep warm over low heat.
- ☐ Put a small bowl or measuring cup next to the stove. Melt remaining 4 tbsp. butter in a small frying pan over medium-high heat.
- ☐ Add remaining 1 tsp. fresh ginger. Cook, stirring occasionally, until butter starts to foam. Stir mixture constantly until it starts to brown.
- ☐ Pour mixture into waiting bowl or measuring cup. Divide soup among 8 bowls and serve hot, with a swirl of ginger browned butter in each serving.

## Nutrition Facts



## Properties

Glycemic Index:39.48, Glycemic Load:6.15, Inflammation Score:-10, Nutrition Score:17.371739149094%

## Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

## Nutrients (% of daily need)

Calories: 274.92kcal (13.75%), Fat: 11.7g (18%), Saturated Fat: 6.85g (42.79%), Carbohydrates: 40.6g (13.53%), Net Carbohydrates: 37.31g (13.57%), Sugar: 18.74g (20.82%), Cholesterol: 26.34mg (8.78%), Sodium: 460.91mg (20.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.97%), Vitamin A: 12924.42IU (258.49%), Vitamin C: 26.18mg (31.73%), Potassium: 1109.71mg (31.71%), Manganese: 0.54mg (26.98%), Vitamin B3: 4.96mg

(24.79%), Copper: 0.37mg (18.64%), Phosphorus: 181.85mg (18.19%), Vitamin B6: 0.35mg (17.54%), Vitamin B1: 0.24mg (16.18%), Magnesium: 60.25mg (15.06%), Iron: 2.5mg (13.88%), Vitamin B2: 0.23mg (13.54%), Fiber: 3.3g (13.19%), Folate: 46.37µg (11.59%), Vitamin E: 1.6mg (10.67%), Calcium: 100.28mg (10.03%), Vitamin B5: 0.91mg (9.12%), Zinc: 0.88mg (5.88%), Vitamin B12: 0.26µg (4.28%), Vitamin K: 4.3µg (4.1%), Selenium: 1.72µg (2.45%)