



Spicy Pumpkin and Shrimp Soup from the LACTAID® Brand

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce pumpkin canned
- 2 medium carrots thinly sliced
- 14 ounce chicken broth canned
- 1 tablespoon cilantro leaves fresh snipped
- 2 teaspoons ginger fresh grated
- 2 cloves garlic minced
- 0.5 teaspoon ground allspice

- 2 tablespoons olive oil
- 2 medium onions sliced
- 1.5 cups lactaid® reduced fat milk
- 8 ounce shrimp frozen thawed deveined cooked peeled

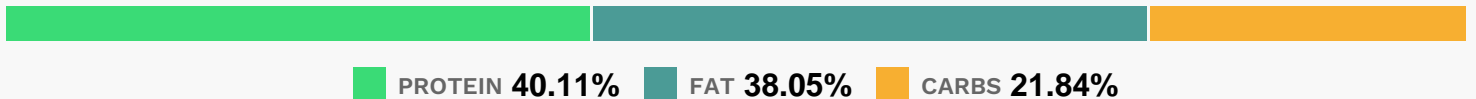
Equipment

- food processor
- bowl
- sauce pan
- ladle
- blender
- skewers

Directions

- In a covered large saucepan cook the onions, carrots, cilantro, ginger, garlic, and allspice in hot oil over medium heat for 12 to 15 minutes or until the vegetables are tender, stirring occasionally. Cool slightly.
- Transfer the mixture to a blender container or food processor bowl.
- Add 1/2 cup of the chicken broth. Cover and blend or process until nearly smooth.
- In the same saucepan combine pumpkin, LACTAID® Reduced Fat Milk, and remaining broth. Stir in the blended vegetable mixture and the 8 ounces shrimp; heat through. If desired, thread additional cooked shrimp on small skewers. Ladle soup into soup bowls. If desired, top each serving with snipped chives and a shrimp skewer.

Nutrition Facts



Properties

Glycemic Index:41.46, Glycemic Load:2.29, Inflammation Score:-10, Nutrition Score:22.134782487931%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg

Nutrients (% of daily need)

Calories: 412.25kcal (20.61%), Fat: 17.54g (26.99%), Saturated Fat: 4.57g (28.54%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 17.68g (6.43%), Sugar: 11.8g (13.11%), Cholesterol: 147.98mg (49.33%), Sodium: 616.65mg (26.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.61g (83.22%), Vitamin A: 21915.69IU (438.31%), Phosphorus: 421.37mg (42.14%), Selenium: 21.43µg (30.61%), Vitamin K: 28.27µg (26.92%), Zinc: 4.04mg (26.91%), Vitamin B12: 1.46µg (24.35%), Potassium: 835.66mg (23.88%), Copper: 0.43mg (21.69%), Calcium: 211.4mg (21.14%), Vitamin B2: 0.36mg (20.89%), Magnesium: 83.21mg (20.8%), Vitamin B6: 0.41mg (20.53%), Fiber: 4.98g (19.92%), Iron: 3.38mg (18.76%), Vitamin E: 2.7mg (17.98%), Manganese: 0.34mg (16.96%), Vitamin B3: 3.24mg (16.21%), Vitamin C: 11.15mg (13.52%), Vitamin B5: 0.9mg (9.03%), Folate: 35.72µg (8.93%), Vitamin B1: 0.11mg (7.27%)