



Spicy Pumpkin and Sweet Potato Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



266 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon peppercorns whole black
- 1.5 quarts chicken broth
- 1 tablespoon coriander seeds
- 0.5 teaspoon pepper red crushed
- 2 teaspoons cumin seeds
- 1 tablespoon fennel seeds
- 1 clove garlic
- 2 tablespoons olive oil divided

- 1 large onion chopped
- 2 teaspoons oregano dried
- 0.5 teaspoon salt
- 1 medium pumpkin
- 4 sweet potatoes and into

Equipment

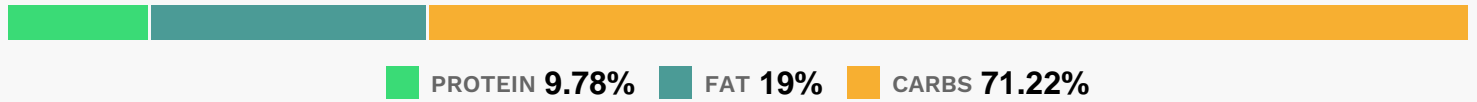
- food processor
- oven
- pot
- blender
- baking pan
- mortar and pestle

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- In a mortar or spice grinder, grind coriander, cumin, oregano, fennel, red pepper, salt and peppercorns into a coarse powder. Blend in garlic and 1 tablespoon olive oil to form a paste.
- Wash pumpkin, and cut into 2-inch wide wedges, scraping away seeds. Peel potatoes and cut each potato lengthwise into 6 wedges. Smear the pumpkin and the potatoes with the spice paste and place in a baking dish.
- Roast in preheated oven 30 to 40 minutes, until tender and just beginning to blacken at the thinnest points.
- Meanwhile, in a large pot over medium heat, cook the onion in the remaining 1 tablespoon olive oil until translucent.
- Chop pumpkin and potatoes into smaller chunks and puree in a blender or food processor with some of the chicken broth until smooth. Be sure to scrape the roasted spice paste off the baking dish and include it in the puree. It may be necessary to deglaze the dish with a little chicken broth.
- Pour the pureed vegetables into the pot with the onions, and stir in as much additional chicken stock as needed to achieve the desired consistency.

Heat through.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:25.38, Inflammation Score:-10, Nutrition Score:23.352173849292%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 3.74mg, Luteolin: 3.74mg, Luteolin: 3.74mg, Luteolin: 3.74mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 266.29kcal (13.31%), Fat: 6g (9.23%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 50.64g (16.88%), Net Carbohydrates: 43.3g (15.75%), Sugar: 14.69g (16.33%), Cholesterol: 4.73mg (1.58%), Sodium: 1163.11mg (50.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.91%), Vitamin A: 40749.07IU (814.98%), Manganese: 1.01mg (50.41%), Potassium: 1415.53mg (40.44%), Vitamin C: 26.47mg (32.09%), Copper: 0.6mg (29.88%), Vitamin B2: 0.5mg (29.53%), Fiber: 7.34g (29.36%), Vitamin B6: 0.51mg (25.42%), Vitamin E: 3.78mg (25.18%), Iron: 4.06mg (22.56%), Magnesium: 81.58mg (20.39%), Vitamin B1: 0.31mg (20.35%), Phosphorus: 201.7mg (20.17%), Vitamin B5: 1.95mg (19.49%), Folate: 59.36µg (14.84%), Calcium: 145.98mg (14.6%), Vitamin B3: 2.91mg (14.57%), Vitamin K: 13.08µg (12.46%), Zinc: 1.53mg (10.2%), Selenium: 3.06µg (4.37%)