



Spicy Pumpkin Soup

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



154 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon cajun spice
- ☐ 15 ounce pumpkin puree canned
- ☐ 2.5 cups chicken broth
- ☐ 1 clove garlic minced
- ☐ 0.5 cup heavy cream
- ☐ 0.5 onion chopped

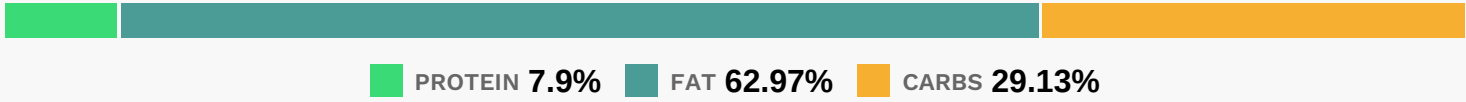
Equipment

- ☐ sauce pan

Directions

- ☐ Heat chicken broth, pumpkin puree, onion, garlic, and Cajun seasoning to a boil in a saucepan over medium-high heat.
- ☐ Reduce heat to low and simmer for 45 to 60 minutes, stirring every 15 minutes.
- ☐ Stir in heavy cream before serving.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.37, Inflammation Score:-10, Nutrition Score:11.101304406705%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 154.14kcal (7.71%), Fat: 11.43g (17.58%), Saturated Fat: 7.03g (43.96%), Carbohydrates: 11.89g (3.96%), Net Carbohydrates: 8.39g (3.05%), Sugar: 5.65g (6.28%), Cholesterol: 36.56mg (12.19%), Sodium: 559.27mg (24.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.45%), Vitamin A: 17232.01IU (344.64%), Vitamin K: 18.43µg (17.55%), Fiber: 3.51g (14.03%), Manganese: 0.26mg (13.22%), Vitamin B2: 0.21mg (12.39%), Vitamin E: 1.61mg (10.72%), Iron: 1.76mg (9.76%), Potassium: 308.18mg (8.81%), Magnesium: 30.46mg (7.61%), Copper: 0.15mg (7.51%), Vitamin C: 5.9mg (7.15%), Phosphorus: 67.04mg (6.7%), Calcium: 58.82mg (5.88%), Vitamin B5: 0.55mg (5.48%), Vitamin B6: 0.11mg (5.32%), Vitamin B1: 0.07mg (4.79%), Folate: 16.83µg (4.21%), Vitamin B3: 0.8mg (4.01%), Vitamin D: 0.48µg (3.17%), Selenium: 2.11µg (3.02%), Zinc: 0.41mg (2.72%), Vitamin B12: 0.08µg (1.28%)