



Spicy Pumpkin Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



118 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 oz pumpkin puree canned
- ☐ 4 cups chicken broth low-sodium canned
- ☐ 2 tablespoons ginger fresh minced
- ☐ 3 garlic cloves minced
- ☐ 1 small jalapeño chili seeded finely chopped
- ☐ 13.5 oz coconut milk light canned
- ☐ 1 teaspoon lime zest
- ☐ 1 large onion chopped

- ☐ 8 servings salt
- ☐ 2 tablespoons vegetable oil

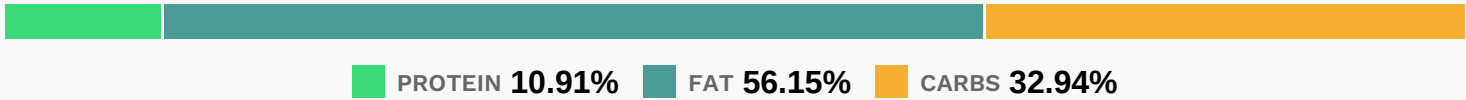
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ In a pan, warm oil over medium-low heat. Saut onion and ginger until soft, 8 minutes. Do not let brown.
- ☐ Add jalapeo and garlic; cook for 3 minutes, stirring often.
- ☐ Stir in lime zest, pumpkin, coconut milk and broth. Bring to a boil, reduce heat to medium-low and simmer for 20 minutes, stirring occasionally. Season with salt.
- ☐ Remove from heat, let cool slightly, then puree in a blender.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.56, Inflammation Score:-10, Nutrition Score:8.8900000245675%

Flavonoids

Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 118.03kcal (5.9%), Fat: 7.49g (11.52%), Saturated Fat: 4.01g (25.05%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 7.91g (2.88%), Sugar: 2.82g (3.13%), Cholesterol: 0mg (0%), Sodium: 272.94mg (11.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Vitamin A: 8292.04IU (165.84%), Vitamin K: 15.18µg (14.46%),

Vitamin B3: 1.88mg (9.39%), Fiber: 1.97g (7.9%), Vitamin C: 6.21mg (7.52%), Potassium: 254.76mg (7.28%), Copper: 0.13mg (6.64%), Manganese: 0.13mg (6.42%), Phosphorus: 62.26mg (6.23%), Vitamin E: 0.91mg (6.09%), Iron: 1.06mg (5.91%), Vitamin B6: 0.09mg (4.41%), Vitamin B2: 0.07mg (4.25%), Magnesium: 16.6mg (4.15%), Folate: 10.66µg (2.66%), Calcium: 25.58mg (2.56%), Vitamin B5: 0.25mg (2.52%), Vitamin B12: 0.12µg (1.97%), Zinc: 0.26mg (1.75%), Vitamin B1: 0.02mg (1.66%)