



Spicy Pumpkin Soup



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



195 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 Tbsp butter unsalted
- ☐ 1.5 cups onion yellow roughly chopped
- ☐ 2 teaspoons garlic minced
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 1.5 teaspoons curry powder yellow
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 pinch of cinnamon

- ☐ 1 teaspoon kosher salt plus more to taste
- ☐ 4 cups chicken stock see low sodium for vegetarian option (or vegetable broth)
- ☐ 2 bay leaves
- ☐ 30 oz percent pumpkin canned
- ☐ 1 cup water
- ☐ 3 Tbsp heavy whipping cream
- ☐ 0.1 teaspoon pepper black
- ☐ 4 servings yogurt (for garnish)
- ☐ 4 servings pumpkin seeds toasted (for garnish)

Equipment

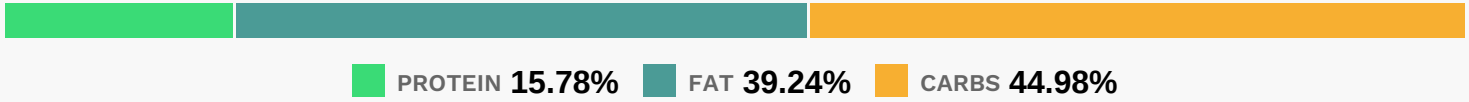
- ☐ pot
- ☐ immersion blender

Directions

- ☐ Sauté onions in butter, add garlic, ginger, spices: Melt butter in a large (5 to 6 quart), thick-bottomed pot over medium heat.
- ☐ Add the onions and sauté until softened, about 5 to 6 minutes.
- ☐ Add the minced garlic and ginger, cook another minute.
- ☐ Add the curry powder, cumin, coriander, cinnamon, and salt. Cook for another 2 minutes.
- ☐ Add stock, bay leaves, and pumpkin purée:
- ☐ Add the chicken stock and the bay leaves.
- ☐ Add the pumpkin purée and the water. Stir to combine. If the soup is too thick for your taste, add more stock or water to thin it.
- ☐ Increase heat to high. Bring to a boil and reduce heat to low, cover and simmer for 10 to 15 minutes.
- ☐ Purée soup:
- ☐ Remove bay leaves. Use an immersion blender to purée the soup.
- ☐ Stir in cream: Right before serving, stir in the cream.

- ☐
- Add black pepper and adjust seasonings to taste.
- ☐
- Add more salt if necessary.
- ☐
- Drizzle with plain yogurt that has been thinned with a little water and sprinkle with toasted pumpkin seeds to serve.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:10.62, Inflammation Score:-10, Nutrition Score:17.478260848833%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.48mg, Luteolin: 3.48mg, Luteolin: 3.48mg, Luteolin: 3.48mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg

Nutrients (% of daily need)

Calories: 195.01kcal (9.75%), Fat: 9.41g (14.47%), Saturated Fat: 5.11g (31.92%), Carbohydrates: 24.26g (8.09%), Net Carbohydrates: 21.62g (7.86%), Sugar: 9.17g (10.19%), Cholesterol: 20.48mg (6.82%), Sodium: 665.13mg (28.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.51g (17.02%), Vitamin A: 18372.78IU (367.46%), Potassium: 1067.69mg (30.51%), Vitamin C: 24.38mg (29.55%), Manganese: 0.49mg (24.4%), Vitamin B3: 4.71mg (23.53%), Copper: 0.46mg (22.94%), Phosphorus: 210.74mg (21.07%), Vitamin B2: 0.35mg (20.74%), Vitamin E: 2.66mg (17.71%), Iron: 3mg (16.68%), Vitamin B6: 0.26mg (13.13%), Folate: 48.08µg (12.02%), Magnesium: 46.48mg (11.62%), Fiber: 2.64g (10.57%), Vitamin B1: 0.15mg (9.84%), Calcium: 92.89mg (9.29%), Zinc: 1.22mg (8.16%), Vitamin B5: 0.76mg (7.63%), Vitamin B12: 0.26µg (4.4%), Vitamin K: 4.18µg (3.98%), Selenium: 1.87µg (2.67%), Vitamin D: 0.23µg (1.56%)