



Spicy Pumpkin Soup



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



253 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 5 cups chicken broth for vegetarian option (or vegetable broth)
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 teaspoons curry powder
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 cup heavy cream
- ☐ 2 cups milk

- ☐ 45 oz percent pumpkin canned
- ☐ 4 Tbsp butter unsalted
- ☐ 2 medium onions yellow chopped

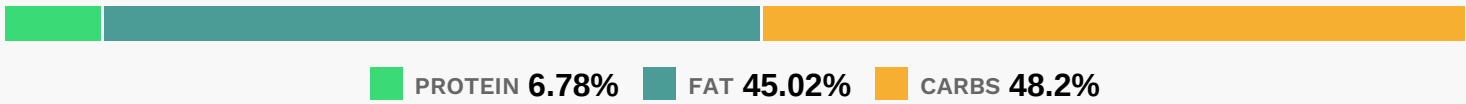
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Melt butter in a 4-quart saucepan over medium-high heat.
- ☐ Add onions and garlic and cook, stirring often, until softened, about 4 minutes.
- ☐ Add spices and stir for a minute more.2
- ☐ Add pumpkin and 5 cups of chicken broth; blend well. Bring to a boil and reduce heat, simmer for 10 to 15 minutes. 3
- ☐ Transfer soup, in batches, to a blender or food processor. Cover tightly and blend until smooth. Return soup to saucepan.4 With the soup on low heat, add brown sugar and mix. Slowly add milk while stirring to incorporate.
- ☐ Add cream. Adjust seasonings to taste. If a little too spicy, add more cream to cool it down. You might want to add a teaspoon of salt.
- ☐ Serve in individual bowls.
- ☐ Sprinkle the top of each with toasted pumpkin seeds.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:9.46, Inflammation Score:-10, Nutrition Score:13.833913108577%

Flavonoids

Luteolin: 2.6mg, Luteolin: 2.6mg, Luteolin: 2.6mg, Luteolin: 2.6mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 253.34kcal (12.67%), Fat: 13.37g (20.56%), Saturated Fat: 8.31g (51.95%), Carbohydrates: 32.2g (10.73%), Net Carbohydrates: 30.69g (11.16%), Sugar: 23.55g (26.17%), Cholesterol: 39.39mg (13.13%), Sodium: 622.97mg (27.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.06%), Vitamin A: 14397.92IU (287.96%), Potassium: 720.87mg (20.6%), Vitamin C: 16.79mg (20.36%), Vitamin B2: 0.3mg (17.66%), Phosphorus: 154.13mg (15.41%), Vitamin E: 2.15mg (14.34%), Calcium: 142.51mg (14.25%), Manganese: 0.28mg (14.17%), Copper: 0.23mg (11.55%), Vitamin B6: 0.19mg (9.71%), Iron: 1.63mg (9.08%), Vitamin B1: 0.13mg (8.87%), Magnesium: 33.54mg (8.39%), Folate: 32.49µg (8.12%), Vitamin B5: 0.81mg (8.05%), Vitamin D: 1.02µg (6.77%), Vitamin B12: 0.37µg (6.09%), Fiber: 1.51g (6.04%), Zinc: 0.89mg (5.93%), Vitamin B3: 1.11mg (5.55%), Selenium: 2.69µg (3.84%), Vitamin K: 3.56µg (3.4%)