



Spiked Pumpkin Soup

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



148 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups apple cider
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup bourbon
- ☐ 29 ounce pumpkin puree canned
- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 1 teaspoon flour all-purpose
- ☐ 0.5 teaspoon ginger fresh minced peeled
- ☐ 2 garlic clove minced

- ☐ 0.5 teaspoon ground cumin
- ☐ 2 cups milk 2% reduced-fat
- ☐ 9 tablespoons cream sour reduced-fat
- ☐ 0.3 cup maple syrup
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon salt

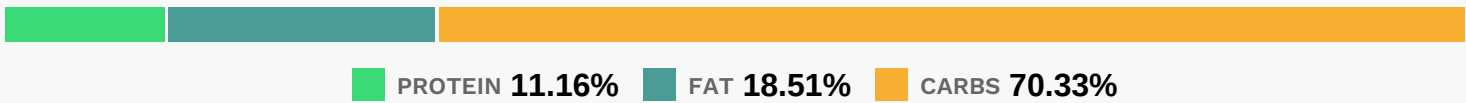
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion, ginger, cumin, and garlic cloves; saut 5 minutes or until lightly browned. Stir in cider, bourbon, syrup, pumpkin, and broth; bring to a boil. Reduce heat, and simmer 10 minutes.
- ☐ Place half of pumpkin mixture in a blender; process until smooth.
- ☐ Pour pureed mixture into a large bowl. Repeat process with remaining pumpkin mixture. Return pureed mixture to pan. Stir in milk, flour, salt, and pepper; cook until thoroughly heated (do not boil), stirring frequently.
- ☐ Serve with sour cream.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:30.69, Glycemic Load:4.54, Inflammation Score:-10, Nutrition Score:12.145652207343%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg 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: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 147.7kcal (7.38%), Fat: 2.74g (4.22%), Saturated Fat: 1.6g (10.03%), Carbohydrates: 23.45g (7.82%), Net Carbohydrates: 20.37g (7.41%), Sugar: 15.67g (17.41%), Cholesterol: 8.4mg (2.8%), Sodium: 352.24mg (15.31%), Alcohol: 2.97g (100%), Alcohol %: 1.36% (100%), Protein: 3.72g (7.44%), Vitamin A: 14311.94IU (286.24%), Manganese: 0.43mg (21.59%), Vitamin B2: 0.3mg (17.52%), Vitamin K: 14.96µg (14.25%), Calcium: 124.97mg (12.5%), Fiber: 3.08g (12.31%), Potassium: 392.38mg (11.21%), Phosphorus: 103.8mg (10.38%), Magnesium: 34.81mg (8.7%), Iron: 1.55mg (8.62%), Vitamin C: 5.94mg (7.2%), Vitamin B12: 0.42µg (6.94%), Vitamin E: 1.03mg (6.88%), Vitamin B5: 0.65mg (6.52%), Copper: 0.13mg (6.45%), Vitamin B6: 0.12mg (5.87%), Vitamin B1: 0.08mg (5.13%), Folate: 19.18µg (4.8%), Selenium: 3.33µg (4.75%), Zinc: 0.6mg (3.97%), Vitamin B3: 0.72mg (3.6%)