



Whole Pumpkin Pie Soup

 Vegetarian  Gluten Free

READY IN



135 min.

SERVINGS



6

CALORIES



204 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 small apples diced cored peeled
- 1 teaspoon thyme leaves fresh
- 1 clove garlic minced
- 2 ounces goat cheese
- 0.5 cup heavy cream
- 1 teaspoon kosher salt
- 1 cup chicken broth low-sodium
- 1 baking pumpkin whole rinsed

- 1 tablespoon butter unsalted
- 2 teaspoons vegetable oil
- 0.5 small onion diced yellow

Equipment

- oven
- casserole dish
- ice cream scoop
- immersion blender

Directions

- Watch how to make this recipe.
- Heat the oven to 375 degrees F.
- Make a lid on the top of the pumpkin by cutting around the stem at a 45 degree angle. Make sure the opening is large enough to work within.
- Remove the seeds and fibers with a metal spoon or ice cream scoop and kitchen shears. Reserve the seeds for another use.
- Brush the exterior of the pumpkin and the lid with vegetable oil. Oil a round casserole dish large enough to hold the pumpkin and place the pumpkin inside.
- Combine the butter, onion, salt, garlic, apples, chicken broth, and heavy cream in the hollow pumpkin. Replace the lid of the pumpkin to cover.
- Bake for 1 1/2 hours.
- Remove the lid.
- Add the goat cheese and thyme and bake an additional 30 minutes, uncovered.
- Remove the pumpkin from the oven, and gently scrape some of the flesh into the soup mixture. Puree with an immersion blender to desired consistency, being careful to avoid the sides and bottom of the pumpkin.
- Serve immediately.

Nutrition Facts



■ PROTEIN 10.13% ■ FAT 53.49% ■ CARBS 36.38%

Properties

Glycemic Index:34.33, Glycemic Load:10.88, Inflammation Score:-10, Nutrition Score:15.000000010366%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.88mg, Luteolin: 3.88mg, Luteolin: 3.88mg, Luteolin: 3.88mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 203.93kcal (10.2%), Fat: 13.06g (20.1%), Saturated Fat: 7.57g (47.29%), Carbohydrates: 19.99g (6.66%), Net Carbohydrates: 18.1g (6.58%), Sugar: 9.81g (10.9%), Cholesterol: 31.78mg (10.59%), Sodium: 442.63mg (19.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.13%), Vitamin A: 19773.02IU (395.46%), Vitamin C: 22.78mg (27.62%), Potassium: 865.56mg (24.73%), Vitamin B2: 0.35mg (20.31%), Copper: 0.39mg (19.61%), Vitamin E: 2.83mg (18.83%), Manganese: 0.32mg (16.22%), Phosphorus: 153.33mg (15.33%), Iron: 2.21mg (12.27%), Folate: 40.28µg (10.07%), Vitamin B3: 1.99mg (9.96%), Vitamin B6: 0.2mg (9.87%), Vitamin B1: 0.13mg (8.81%), Magnesium: 33.03mg (8.26%), Vitamin B5: 0.82mg (8.2%), Calcium: 81.38mg (8.14%), Fiber: 1.89g (7.54%), Vitamin K: 6.8µg (6.47%), Zinc: 0.93mg (6.23%), Vitamin D: 0.39µg (2.6%), Selenium: 1.66µg (2.38%), Vitamin B12: 0.09µg (1.55%)