



## Wholesome Pumpkin Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



75 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 large apples cored chopped
- ☐ 1 bay leaf
- ☐ 3 cups chicken broth
- ☐ 1 teaspoon curry powder
- ☐ 2 garlic cloves crushed
- ☐ 1 inch ginger grated
- ☐ 1 large onion chopped
- ☐ 2 pounds a 28 oz pumpkin puree canned

☐ 8 servings salt to taste

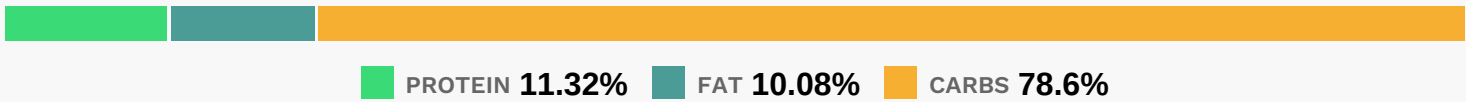
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ microwave

Directions

- ☐ Carefully cut pumpkin in half.
- ☐ Remove seeds and cook in the microwave for 20 minutes or in a 400 ° F oven for 45 minutes or until you can easily scoop out the soft flesh. You also could use a 28 oz can of pumpkin puree instead.In a large sauce pan, heat 1/4 cup of broth over medium, add chopped onion, apple, garlic, and herbs and spices.Cook until onions and apples are soft and then add the remainder of the broth.
- ☐ Add pumpkin to the sauce pan.Simmer for 10 minutes.Working in batches, purée the soup in a blender or food processor.Return puree to sauce pan, taste and adjust seasoning according to personal preferences.
- ☐ Serve and top with fresh sage leaves or thin ginger slices.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:11.638260832299%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

Nutrients (% of daily need)

Calories: 74.87kcal (3.74%), Fat: 0.96g (1.48%), Saturated Fat: 0.27g (1.66%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 11.91g (4.33%), Sugar: 8.05g (8.95%), Cholesterol: 1.76mg (0.59%), Sodium: 334.62mg (14.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.85%), Vitamin A: 18500.84IU (370.02%), Fiber: 4.94g (19.76%), Vitamin K: 20.7µg (19.72%), Manganese: 0.31mg (15.49%), Vitamin E: 1.95mg (12.97%), Vitamin C: 9.27mg (11.24%), Iron: 1.96mg (10.91%), Potassium: 357.51mg (10.21%), Magnesium: 34.49mg (8.62%), Vitamin B2: 0.15mg (8.58%), Copper: 0.16mg (8.16%), Vitamin B6: 0.16mg (8.01%), Phosphorus: 59.91mg (5.99%), Folate: 20.65µg (5.16%), Vitamin B5: 0.51mg (5.08%), Vitamin B1: 0.07mg (4.53%), Calcium: 44.75mg (4.48%), Vitamin B3: 0.85mg (4.26%), Zinc: 0.37mg (2.46%), Selenium: 1.23µg (1.76%)