



Hot Pepper Pumpkin Soup

Servings: 4 Time: 45 min
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Description

Hot Pepper Pumpkin Soup is a hor d'oeuvre that serves 4. One portion of this dish contains around 4g of protein, 14g of fat, and a total of 246 calories. For \$2.85 per serving, this recipe covers 16% of your daily requirements of vitamins and minerals. 10 people were impressed by this recipe. Autumn will be even more special with this recipe. This recipe from Foodista requires oregano, garlic, onion, and butter. It is a good option if you're following a gluten free, lacto ovo vegetarian, and primal diet. From preparation to the plate, this recipe takes about 45 minutes. Taking all factors into account, this recipe earns a spoonacular score of 48%, which is solid. Similar recipes are Hot-and-Sour Pumpkin Soup, Creamy Pumpkin-Red Pepper Soup, and Pumpkin and Yellow Pepper Soup with Smoked Paprika.

Ingredients

- Vegetable stock — 6 cups
- pumpkin puree — 4 cups
- chopped onion — 1 cup
- chopped coriander leafs — 1 tsp
- garlic, minced — 1 clove
- dried oregano — 1 tsp
- whole black peppercorns — 5
- heavy whipping cream — 0.5 cup
- butter, Salt to taste — 1 tbsp

Nutrition

Nutrition	Amount	%
Calories	246.16 kcal	12.31%
Fat	14.37 g	22.11%

Nutrition	Amount	%
Saturated Fat	9.05 g	56.57%
Carbohydrates	29.55 g	9.85%
Net Carbohydrates	21.53 g	7.83%
Sugar	13.68 g	15.19%
Cholesterol	41.25 mg	13.75%
Sodium	1454.99 mg	63.26%
Alcohol	0 g	100%
Alcohol %	0 %	100%
Protein	4.11 g	8.22%
Vitamin A	39417.11 IU	788.34%
Vitamin K	43.65 µg	41.57%
Fiber	8.02 g	32.1%
Manganese	0.47 mg	23.4%
Iron	3.71 mg	20.62%
Vitamin E	3.05 mg	20.31%
Potassium	602.68 mg	17.22%
Vitamin C	13.68 mg	16.58%
Magnesium	64.13 mg	16.03%
Copper	0.29 mg	14.39%
Vitamin B2	0.2 mg	11.98%
Phosphorus	117.48 mg	11.75%
Vitamin B5	1.12 mg	11.19%
Vitamin B6	0.21 mg	10.51%
Calcium	102.5 mg	10.25%
Folate	39.42 µg	9.86%
Vitamin B1	0.09 mg	5.72%
Vitamin B3	0.99 mg	4.97%
Zinc	0.58 mg	3.88%
Selenium	2.24 µg	3.2%
Vitamin D	0.48 µg	3.17%

Category

Antipasti

Soup

Starter

Snack

Appetizer

Antipasto

Hor D'Oeuvre

Health Labels

Vegetarian

Gluten Free

Lacto Ovo Vegetarian

Primal

Diet Labels

High Fiber

Instructions

- In a deep pan, heat stock, salt, pumpkin, onion, garlic, coriander leafs and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Then puree the soup in small batches (1 cup at a time) using a food processor or blender. In a same pan add butter and dried oregano. When the butter is melted. Then add puree and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes uncovered. Stir in heavy cream.
- Serve Hot.

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