

Hot Pepper Pumpkin Soup

Servings: 4 Time: 45 min Generated by eeina

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

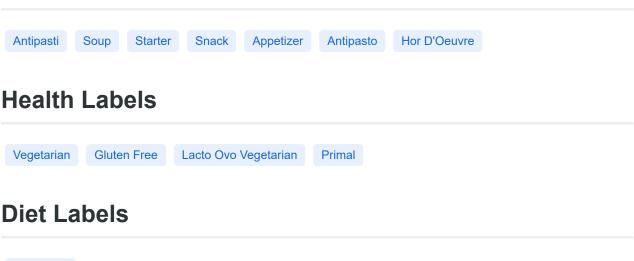
Nutrition	Amount	%
Calories	246.16 kcal	12.31%
Fat	14.37 g	22.11%

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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%

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Category



Instructions

High Fiber

- 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 in 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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