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## Pumpkin Soup ♦

A creamy and delicious soup made with fresh pumpkin. Perfect for a cozy autumn meal.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	pumpkin
4 c	vegetable broth
1 medium	onion
2 cloves	garlic cloves
2 tbsp	olive oil
1 teaspoon	Salt

<b>0.5 teaspoon</b>	Black pepper
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<b>0.25 teaspoon</b>	ground nutmeg
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<b>0.5 c</b>	heavy cream
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<b>1 tbsp</b>	Parsley
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## Directions

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### Step 1

Cut

Peel and chop the pumpkin into small cubes.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

Cut

Chop the onion and garlic cloves.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Sautéing

Heat olive oil in a large pot over medium heat. Add the chopped onion and garlic and sauté until softened.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 4

Boiling

Add the chopped pumpkin, vegetable broth, salt, and black pepper to the pot. Bring to a boil, then reduce heat and simmer for 20 minutes or until the pumpkin is tender.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 5

Blending

Use an immersion blender or transfer the soup to a blender to puree until smooth.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Cooking

Return the pureed soup to the pot and stir in the ground nutmeg and heavy cream. Cook for an additional 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Step 7

Serving

Serve the soup hot, garnished with fresh parsley.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 12 g

**Protein:** 2 g

**Carbohydrates:** 10 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	12 g	42.86%	48%
Cholesterol	40 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	200 iu	22.22%	28.57%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	6 mg	0.18%	0.23%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

**Seasonality**

Fall

**Cuisines**

Italian

### Meal Type

Breakfast

Brunch

Supper

### Kitchen Tools

Slow Cooker

### Course

Appetizers

Breads

Salads

Soups

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Oktoberfest

Passover

Thanksgiving

Christmas

Easter

Halloween

### Cost

Under \$10

\$10 to \$20

### Difficulty Level

Medium

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