

Creamy Pumpkin Soup

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United Healthcare Insurance Company

cooking spray

1 tablespoon olive oil

1 large onion, diced medium

3 stalks celery, diced medium

2 carrots, diced medium

*2 cups pumpkin - fresh (cooked) or
canned*

*6 cups low-sodium chicken or
vegetable broth*

1/2 teaspoon curry powder

1/2 teaspoon cinnamon

pinch clove

1 cup low-fat milk

salt (to taste) (optional)

Spray the bottom of a large pot with cooking spray. Add the olive oil. Add the onion, celery and carrots. Saute' for about 5 minutes to soften the vegetables and bring out the flavor.

Add the pumpkin, broth and spices.

Bring to a boil and reduce the heat. Simmer for 30 minutes and remove from the heat. Let cool for 15 minutes.

Puree' the soup in a blender and return to the pot.

Whisk in the low-fat milk and reheat before serving. Add salt, if desired.

Per Serving (excluding unknown items): 249 Calories; 14g Fat (48.7% calories from fat); 4g Protein; 30g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 159mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Vegetable; 2 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	249
% Calories from Fat:	48.7%
% Calories from Carbohydrates:	45.5%
% Calories from Protein:	5.8%
Total Fat (g):	14g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	1g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	77mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0

Cholesterol (mg):	0mg
Carbohydrate (g):	30g
Dietary Fiber (g):	9g
Protein (g):	4g
Sodium (mg):	159mg
Potassium (mg):	1004mg
Calcium (mg):	128mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	29mg
Vitamin A (i.u.):	40680IU
Vitamin A (r.e.):	4066RE

% Refused: 0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	5 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 249 **Calories from Fat:** 121

% Daily Values*

Total Fat	14g	22%
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	159mg	7%
Total Carbohydrates	30g	10%
Dietary Fiber	9g	37%
Protein	4g	
Vitamin A		814%
Vitamin C		49%
Calcium		13%
Iron		12%

* Percent Daily Values are based on a 2000 calorie diet.