

Pumpkin Ginger Soup

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*1 cup canned pumpkin
1 1/2 cups chicken broth, divided
1 tablespoon butter
1 small onion, chopped
1 tablespoon all-purpose flour
1 cup half-and-half
1 teaspoon ground ginger
1/2 teaspoon ground nutmeg
1/4 teaspoon salt
1 tablespoon chopped parsley*

In a blender, puree the pumpkin with 3/4 cup of the broth. Set aside.

In a saucepan, melt the butter over low heat. Add the onion and saute for 3 minutes. Stir in the flour. Cook, stirring, for 1 minute.

Whisk in the half-and-half. Add the ginger, nutmeg and salt. Increase the heat to medium and cook, still stirring, for 4 minutes or until the mixture starts to thicken.

Add the pumpkin puree and the remaining broth. Cook until hot. Taste and add extra ginger, if desired. Top with parsley.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 326 Calories; 15g Fat (39.8% calories from fat); 12g Protein; 39g Carbohydrate; 10g Dietary Fiber; 31mg Cholesterol; 1813mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 5 1/2 Vegetable; 2 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	326	Vitamin B6 (mg):	.3mg
% Calories from Fat:	39.8%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	45.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	14.7%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	15g	Folacin (mcg):	78mcg
Saturated Fat (g):	8g	Niacin (mg):	7mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	31mg	% Refused:	0.0%

Carbohydrate (g): 39g
 Dietary Fiber (g): 10g
 Protein (g): 12g
 Sodium (mg): 1813mg
 Potassium (mg): 1048mg
 Calcium (mg): 118mg
 Iron (mg): 5mg
 Zinc (mg): 1mg
 Vitamin C (mg): 22mg
 Vitamin A (i.u.): 54670IU
 Vitamin A (r.e.): 5529 1/2RE

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories 326 **Calories from Fat:** 130

% Daily Values*

Total Fat	15g	23%
Saturated Fat	8g	42%
Cholesterol	31mg	10%
Sodium	1813mg	76%
Total Carbohydrates	39g	13%
Dietary Fiber	10g	40%
Protein	12g	
Vitamin A		1093%
Vitamin C		37%
Calcium		12%
Iron		29%

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