

Pineapple Pumpkin Spice Soup

Number of Servings: 10 (290.46 g per serving)

Preparation Time: 1 hour

Cook Time: 30 minutes

Cook Temperature: 375 F

Pan Size:

Cook Method:

Amount	Measure	Ingredient	Comments
29.00	oz	Pumpkin, solid pack, cnd	
1.00	cup	Pumpkin, fresh, 1" cubes	
1.00	ea	Pineapple, fresh	
32.00	oz	Broth, vegetable	
5.00	ea	Garlic, cloves, fresh	
3.00	tsp	Chile Peppers, serrano, fresh, chpd	
2.00	Tbs	Spice, ginger root, fresh	
1/2	tsp	Spice, allspice, ground	
1.00	tsp	Spice, nutmeg, ground	
1.00	tsp	Spice, cinnamon, ground	
1/4	cup	Butter, light, salted	
1/2	cup	Seeds, pumpkin, kernels, rstd, unsalted	

Instructions

Turn oven on to 375 degrees.

1. Hollow out a whole pumpkin and save at least 1 cup of the meat (to make this soup easier, you can skip this step and just use the canned pumpkin).
2. Chop up whole pineapple, peel garlic to whole cloves, and peel ginger root/chop into 1-2 inch chunks.
3. In baking casserole pan, add 1 to 2 cups pumpkin meat, 1 to 2 cups of pineapple, cinnamon, serrano chili, garlic, ginger, and 1 cup vegetable broth. Bake for 30 minutes covered.
4. Let pumpkin and pineapple cool slightly. Add to food processor or blender and blend until smooth/ add in vegetable broth as needed. If room, add some of canned pumpkin puree and blend until smooth.
5. If serving in carved out pumpkin, put the carved out pumpkin in the oven at 200 to warm up.
6. Transfer puree to a stock pot. Add the rest of the vegetable broth and pumpkin puree to a consistency of your liking. Add in the butter if you feel the flavor needs more richness. Simmer 20 minutes. Stir in nutmeg and allspice, Add salt and pepper to taste.
7. Transfer to hollowed out pumpkin. Sprinkle pumpkin seeds on top and serve!

Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	290.46	Disaccharides (g)	5.49
Calories (kcal)	149.71	Other Carbs (g)	3.32
Calories from Fat (kcal)	59.04	Fat (g)	6.56
Calories from SatFat (kcal)	22.54	Saturated Fat (g)	2.50
Protein (g)	4.11	Mono Fat (g)	1.84
Carbohydrates (g)	22.06	Poly Fat (g)	1.33
Dietary Fiber (g)	5.86	Trans Fatty Acid (g)	0.10
Soluble Fiber (g)	0.05	Cholesterol (mg)	5.94
Total Sugars (g)	12.82	Water (g)	167.10
Monosaccharides (g)	3.50	Vitamin A - IU (IU)	13262.16

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Nutrient	Value
Vitamin A - RAE (RAE)	684.39
Carotenoid RE (RE)	1317.72
Retinol RE (RE)	25.54
Beta-Carotene (mcg)	7633.74
Vitamin B1 (mg)	0.09
Vitamin B2 (mg)	0.06
Vitamin B3 (mg)	0.82
Vitamin B3 - Niacin Equiv (mg)	1.45
Vitamin B6 (mg)	0.14
Vitamin B12 (mcg)	0.01

Nutrient	Value
Biotin (mcg)	0.27
Vitamin C (mg)	45.29
Vitamin D - IU (IU)	2.24
Vitamin D - mcg (mcg)	0.06
Vitamin E - Alpha-Toco (mg)	0.28
Folate (mcg)	22.11
Folate, DFE (mcg)	22.11
Vitamin K (mcg)	1.48
Pantothenic Acid (mg)	0.27
Calcium (mg)	48.07

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Nutrient Analysis

Nutrient	Value	Nutrient	Value
Chromium (mcg)		Selenium (mcg)	0.97
Copper (mg)	0.20	Sodium (mg)	230.07
Fluoride (mg)		Zinc (mg)	0.64
Iodine (mcg)		Omega 3 Fatty Acid (g)	0.07
Iron (mg)	1.60	Omega 6 Fatty Acid (g)	1.26
Magnesium (mg)	46.70	Alcohol (g)	0
Manganese (mg)	1.20	Caffeine (mg)	0
Molybdenum (mcg)	0.58	Choline (mg)	11.17
Phosphorus (mg)	87.22		
Potassium (mg)	204.43		