

Creamy Pumpkin Soup with White Beans

Recipe group	Additional name	Diet factors	Portions	Portion size
Soups	Soups	VG, GF, NF, SF	12	14.62
				OZ

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 cup	0 lb 11.70 oz	9%	0 lb 12.91 oz	Onions, White, medium diced	For pumpkin soup: Heat oil in a large pot over medium heat. Add remaining ingredients in step 1 and sauté 5 -7 minutes until softened and fragrant.
	6 tbsp	0 lb 2.94 oz	0%	0 lb 2.94 oz	Oil, Olive	
	3 tbsp	0 lb 1.59 oz	12%	0 lb 1.80 oz	Garlic, cloves, peeled, minced	
	3 tbsp	0 lb 0.14 oz	0%	0 lb 0.14 oz	Lemon Thyme, dried	
	1 tbsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, Kosher	
	1 1/2 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Cumin, ground	
	3/4 tsp	0 lb 0.06 oz	0%	0 lb 0.06 oz	Ginger, ground	
	3/4 tsp	0 lb 0.06 oz	0%	0 lb 0.06 oz	Pepper, Black, ground	



Oil, aromatics and spices

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	9 cup	4 lb 8.00 OZ	0%	4 lb 8.00 OZ	Non-Dairy Milk, Oat, unsweetened	Stir in ingredients in step 2 and cook 8-10 minutes, or until hot. Blend soup using an immersion or kitchen blender until smooth.
	6 cup	3 lb 3.84 OZ	37%	5 lb 2.29 OZ	Pumpkin, canned	
	3 cup	1 lb 11.51 OZ	0%	1 lb 11.51 OZ	Beans, Cannellini, canned, drained, rinsed	
	6 tbsp	0 lb 4.14 OZ	0%	0 lb 4.14 OZ	Syrup, Maple	



*Adding ingredients
from step 2*



Blend soup

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	3/4 cup	0 lb 3.00 OZ	0%	0 lb 3.00 OZ	Plantain chips	For service: Portion 1 ½ cups of soup into a bowl. Garnish with 1 tablespoon of plantain chips and 1/8 teaspoon of parsley.
	1 1/2 tsp	0 lb 0.04 OZ	47%	0 lb 0.08 OZ	Parsley, Curly, fresh, chopped	



ALLERGENS

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MEMO

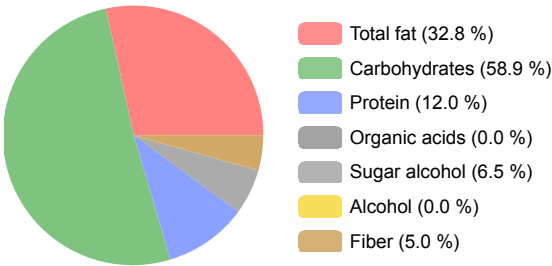
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NUTRITION INFORMATION

per portion

				Calories		Minerals		RDI			
Energy nutritives					RDI					Vitamins	
		RDI	% of energy	434.29 kcal	22 %	Salt	0.69 g			Vitamin A	RDI
Total fat	16.12 g	21 %	32.82 %	1,817.08 kJ		Salt	0.17 %	19 %		523.11 µg	58 %
Saturated	2.01 g	10 %	4.09 %			Sodium	446.56 mg	14 %		Vitamin D	6.80 µg 34 %
Monounsaturated	5.16 g		10.51 %			Phosphorus	180.55 mg	36 %		Thiamine	0.24 mg 20 %
Polyunsaturated	0.96 g		1.95 %			Potassium	1,675.40 mg	18 %		Riboflavin	0.19 mg 15 %
Trans fatty acids	0.00 g		0.00 %			Iron	3.26 mg	53 %		Niacin	1.00 mg 6 %
Cholesterol	0.00 mg	0 %				Calcium	688.62 mg	11 %		Vitamin B6	0.24 mg 14 %
Linolenic acid	0.80 g		1.63 %			Zinc	1.24 mg	15 %		Vitamin B12	0.00 µg 0 %
Alpha-linolenic acid	0.53 mg		0.00 %			Magnesium	64.82 mg	0 %		Folate	0.00 µg 0 %
Total Carbohydrate	62.97 g	23 %	58.91 %			Iodine	0.00 µg	4 %		Vitamin C	14.92 mg 17 %
Sugars total	8.71 g	17 %				Selenium	2.02 µg	32 %		Vitamin E	2.31 mg 15 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.29 mg			Vitamin K	7.50 µg 6 %
Lactose	0.00 g									Others	
Fiber	11.45 g	41 %	5.04 %							Water	183.41 g
Organic acids	0.00 g		0.00 %								
Sugar alcohol	11.91 g		6.55 %								
Starch	0.00 g		0.00 %								
Protein	12.79 g	26 %	11.97 %								
Alcohol	0.00 g		0.00 %								

PERCENTAGE OF ENERGY



CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.