

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	11.70 oz	9%	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	2.94 oz	0%	2.94 oz	Oil, Olive	
	3 tbsp	1.59 oz	12%	1.80 oz	Garlic, cloves, peeled, minced	
	3 tbsp	0.14 oz	0%	0.14 oz	Lemon Thyme, dried	
	1 tbsp	0.29 oz	0%	0.29 oz	Salt, Kosher	
	1 1/2 tsp	0.10 oz	0%	0.10 oz	Cumin, ground	
	3/4 tsp	0.06 oz	0%	0.06 oz	Ginger, ground	
	3/4 tsp	0.06 oz	0%	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 oz	0%	4 lb 8 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	4.14 oz	0%	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	3 oz	0%	3 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	0.04 oz	47%	0.08 oz	Parsley, Curly, fresh, chopped	



MEMO

Crediting: Each serving provides 1 ounce meat/meat alternate, 1/2 cup red/orange vegetable and 1/4 cup other vegetable.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	0.68 g		
Total fat	16.11 g	32.85 %	433.79 kcal 1,815.02 kJ	Salt	0.16 %	Vitamins	
Saturated	2.01 g	4.09 %		Sodium	441.76 mg	Vitamin A	523.11 µg
Monounsaturated	5.16 g	10.52 %		Phosphorus	179.77 mg	Vitamin D	6.80 µg
Polyunsaturated	0.95 g	1.95 %		Potassium	1,695.54 mg	Thiamine	0.25 mg
Trans fatty acids	0.00 g	0.00 %		Iron	3.27 mg	Riboflavin	0.31 mg
Cholesterol	0.00 mg			Calcium	698.11 mg	Niacin	1.01 mg
Linolenic acid	0.80 g	1.63 %		Zinc	1.36 mg	Vitamin B6	0.24 mg
Alpha-linolenic acid	0.53 mg	0.00 %		Chloride	0.00 mg	Vitamin B12	0.00 µg
Total Carbohydrate	62.72 g	58.74 %		Chromium	0.00 µg	Folate	0.00 µg
Sugars total	10.52 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	66.67 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	11.45 g	5.05 %		Iodine	0.00 µg	Vitamin C	14.92 mg
Organic acids	0.00 g	0.00 %		Selenium	2.04 µg	Vitamin E	2.31 mg
Sugar alcohol	11.91 g	6.56 %		Copper	0.29 mg	Vitamin K	7.50 µg
Starch	0.00 g	0.00 %					
Protein	12.80 g	11.99 %					
Alcohol	0.00 g	0.00 %					
						Others	
						Water	183.63 g

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.