

Spicy Pumpkin Bisque

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*2 tablespoons olive oil
1 onion, chopped
salt (to taste)
pepper (to taste)
1 cup cooked white rice
1/2 can (15 ounce) pure pumpkin
1 teaspoon canned adobo (or hot)
sauce
2 cups vegetable broth*

In a saucepan over medium-high heat, warm two teaspoons of olive oil.

Add the onion and season with salt and pepper. Cook until browned, about 12 minutes.

Stir in the white rice and heat through, about 2 minutes.

Stir in the pumpkin, adobo sauce and vegetable broth. Bring to a simmer and cook for 5 minutes.

Working in batches, transfer to a blender and puree'.

Per Serving (excluding unknown items): 845 Calories; 35g Fat (37.6% calories from fat); 18g Protein; 114g Carbohydrate; 9g Dietary Fiber; 5mg Cholesterol; 3259mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 1/2 Vegetable; 7 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	845
% Calories from Fat:	37.6%
% Calories from Carbohydrates:	53.9%
% Calories from Protein:	8.6%
Total Fat (g):	35g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	22g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	5mg
Carbohydrate (g):	114g
Dietary Fiber (g):	9g

Vitamin B6 (mg):	2.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.6mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	171mcg
Niacin (mg):	7mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	6 1/2
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Protein (g): 18g
Sodium (mg): 3259mg
Potassium (mg): 1018mg
Calcium (mg): 111mg
Iron (mg): 5mg
Zinc (mg): 4mg
Vitamin C (mg): 16mg
Vitamin A (i.u.): 8398IU
Vitamin A (r.e.): 841 1/2RE

Lean Meat: 0
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 7 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 845 **Calories from Fat:** 317

% Daily Values*

Total Fat	35g	54%
Saturated Fat	6g	28%
Cholesterol	5mg	2%
Sodium	3259mg	136%
Total Carbohydrates	114g	38%
Dietary Fiber	9g	36%
Protein	18g	

Vitamin A	168%
Vitamin C	27%
Calcium	11%
Iron	26%

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