

Holiday Pumpkin Soup

Publix Aprons

Servings: 12

1/2 loaf Publix Bakery breakfast bread, cut into small cubes
cooking spray
2 cans (15 ounce) pumpkin
3 cups chicken cooking stock
1 cup apple cider
1 cup unsweetened applesauce
1/2 cup maple syrup
1 1/2 teaspoons pumpkin pie spice
1 medium sweet apple, cut into small cubes
1/2 cup drieds sweetened cranberries
1 container (5.3 ounce) plain nonfat Greek yogurt

Preheat the oven to 375 degrees.

Cut the bread into cubes and place on a baking sheet. Coat with spray. Bake for 10 to 12 minutes or until crispy.

In a large stockpot set to medium-low, combine the pumpkin, chicken stock, cider, applesauce, maple syrup and pumpkin pie spice. Bring the mixture to a simmer. Cook for 4 to 5 minutes, stirring occasionally, or until hot.

Cut the apples into cubes.

Ladle the soup into serving bowls. Top with the bread, apples, cranberries and a dollop of yogurt.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 59 Calories; trace Fat (1.5% calories from fat); trace Protein; 15g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	59
% Calories from Fat:	1.5%
% Calories from Carbohydrates:	96.8%
% Calories from Protein:	1.6%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	15g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	3mg
Potassium (mg):	134mg
Calcium (mg):	21mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	316IU
Vitamin A (r.e.):	31 1/2RE

Alcohol (kcal):	0
% Refuse:	0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories	59	Calories from Fat:	1
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	15g	5%
Dietary Fiber	trace	2%
Protein	trace	
Vitamin A		6%
Vitamin C		4%
Calcium		2%
Iron		3%

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