

Pumpkin Curry Soup

Serves 6

2 Tbsp Butter or Smart Balance™ Margarine

1 C onion (small onion)

2 cloves garlic, finely chopped

1 1/2 tsp curry powder

1/2 tsp salt

1/4 tsp ground white pepper

3 C chicken broth

1 15-ounce can 100% pure pumpkin

1 12-ounce can evaporated milk

1. Melt butter in large saucepan over medium-high heat. Add onion and garlic; cook stirring frequently for 2-3 minutes or until tender. Stir in curry powder, salt and pepper. Cook for one minute.
2. Add broth and pumpkin. Bring to a boil. Reduced heat to low, cook stirring occasionally for 15-20 minutes. Stir in evaporated milk. Transfer mixture to food processor or blender; cover. Blend until smooth, serve warm.
3. Add 1 Tbsp. brown sugar and 1 tsp. cinnamon if desired.

With Butter	With Smart Balance™	Diabetic Exchanges																																																								
<p>Nutrition Facts Serving Size 1/6 of recipe 288g (288g) Servings Per Container 6</p> <hr/> <p>Amount Per Serving Calories 175 Calories from Fat 84</p> <hr/> <p>% Daily Value*</p> <p>Total Fat 10g 15% Saturated Fat 6g 28% Trans Fat 0g</p> <p>Cholesterol 28mg 9% Sodium 842mg 35% Total Carbohydrate 16g 5% Dietary Fiber 3g 11% Sugars 4g</p> <p>Protein 8g</p> <hr/> <p>Vitamin A 229% • Vitamin C 11% Calcium 20% • Iron 9%</p> <p><small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small></p> <table border="1"> <tr> <td></td> <td>Calories</td> <td>2,000</td> <td>2,500</td> </tr> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </table> <p><small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small></p> <p>NutritionData.com</p>		Calories	2,000	2,500	Total Fat	Less than	65g	80g	Sat Fat	Less than	20g	25g	Cholesterol	Less than	300mg	300mg	Sodium	Less than	2,400mg	2,400mg	Total Carbohydrate		300g	375g	Fiber		25g	30g	<p>Nutrition Facts Serving Size 1/6 of recipe 288g (288g) Servings Per Container 6</p> <hr/> <p>Amount Per Serving Calories 170 Calories from Fat 79</p> <hr/> <p>% Daily Value*</p> <p>Total Fat 9g 14% Saturated Fat 4g 21% Trans Fat 0g</p> <p>Cholesterol 18mg 6% Sodium 846mg 35% Total Carbohydrate 16g 5% Dietary Fiber 3g 11% Sugars 4g</p> <p>Protein 8g</p> <hr/> <p>Vitamin A 230% • Vitamin C 11% Calcium 20% • Iron 9%</p> <p><small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small></p> <table border="1"> <tr> <td></td> <td>Calories</td> <td>2,000</td> <td>2,500</td> </tr> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </table> <p><small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small></p> <p>NutritionData.com</p>		Calories	2,000	2,500	Total Fat	Less than	65g	80g	Sat Fat	Less than	20g	25g	Cholesterol	Less than	300mg	300mg	Sodium	Less than	2,400mg	2,400mg	Total Carbohydrate		300g	375g	Fiber		25g	30g	<p>Carbohydrates 1 Fats 2 Protein 1</p>
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