



Autumn Squash Soup

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



73 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup vanilla almond milk
- 1 large honeycrisp apple diced cored peeled
- 4 cups butternut squash cubes
- 1 tablespoon coconut oil
- 0.5 teaspoon curry powder
- 2 dashes ground cinnamon to taste
- 8 servings salt to taste
- 3.5 cups vegetable broth

0.5 large onion diced yellow

Equipment

baking sheet

oven

pot

blender

Directions

Preheat oven to 425 degrees F (220 degrees C).

Spread butternut squash cubes onto a baking sheet; season with 1 teaspoon salt and cinnamon.

Roast squash in preheated oven until fork-tender, about 30 minutes.

Melt coconut oil in a large pot over medium-high heat. Stir curry powder and a few dashes salt into the oil.

Saute apple and onion in the seasoned coconut oil until softened, about 10 minutes.

Pour vegetable broth and almond milk into the pot; add butternut squash and bring the liquid to a boil. Reduce heat to medium-low and simmer about 20 minutes; season with salt.

Pour soup into a blender no more than half full. Cover and hold lid in place; pulse a few times before leaving on to blend. Puree in batches until smooth.

Nutrition Facts



PROTEIN 4.85% **FAT 23.04%** **CARBS 72.11%**

Properties

Glycemic Index:17, Glycemic Load:1.81, Inflammation Score:-10, Nutrition Score:9.0356521787851%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Epigallocatechin 3-gallate: 0.05mg,

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg
Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.47mg, Isorhamnetin:
0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg,
Kaempferol: 0.1mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 72.67kcal (3.63%), Fat: 2.07g (3.18%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 14.57g (4.86%), Net
Carbohydrates: 12.12g (4.41%), Sugar: 5.73g (6.37%), Cholesterol: 0mg (0%), Sodium: 628.9mg (27.34%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Vitamin A: 7677.2IU (153.54%), Vitamin C: 16.7mg
(20.24%), Manganese: 0.21mg (10.64%), Fiber: 2.45g (9.8%), Potassium: 292.96mg (8.37%), Vitamin E: 1.1mg (7.3%),
Magnesium: 26.6mg (6.65%), Vitamin B6: 0.13mg (6.62%), Calcium: 59.42mg (5.94%), Folate: 21.73µg (5.43%),
Vitamin B1: 0.08mg (5.29%), Vitamin B3: 0.88mg (4.42%), Iron: 0.6mg (3.35%), Copper: 0.06mg (3.18%), Vitamin
B5: 0.31mg (3.09%), Phosphorus: 29.48mg (2.95%), Vitamin K: 1.63µg (1.56%), Vitamin B2: 0.02mg (1.43%)