



Butternut Squash and Sweet Potato Soup

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



200 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 cups butternut squash peeled seeded cut into 1-inch cubes
- 1 tablespoon ginger root fresh grated
- 3 tablespoons thyme leaves fresh chopped
- 0.5 teaspoon ground coriander
- 0.3 teaspoon ground pepper black
- 1 teaspoon ground turmeric
- 1 cup onion diced red
- 6 servings salt to taste

- 1 cup silken tofu divided
- 2 sweet potatoes peeled cut into 1-inch cubes
- 2 tablespoons butter unsalted

Equipment

- pot
- blender
- kitchen towels

Directions

- Melt the butter in a large stock pot over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- Add the butternut squash, sweet potatoes, and enough vegetable broth to cover. Stir in the thyme, ginger, turmeric, coriander, black pepper, and chile pepper. Bring to a boil over medium-high heat, then reduce heat to medium-low. Cover and simmer until vegetables are very tender, 20 to 30 minutes, stirring occasionally.
- Remove and discard the chile pepper.
- Pour about 1/3 of the soup and 1/3 of the tofu into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Repeat with the remaining soup and tofu. Alternately, you can use a stick blender and puree the soup and tofu right in the cooking pot.

Nutrition Facts



PROTEIN 9.52% FAT 21.88% CARBS 68.6%

Properties

Glycemic Index:30.33, Glycemic Load:8.24, Inflammation Score:-10, Nutrition Score:18.069565165302%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 199.95kcal (10%), Fat: 5.19g (7.98%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 36.58g (12.19%), Net Carbohydrates: 30.36g (11.04%), Sugar: 7.91g (8.79%), Cholesterol: 10.03mg (3.34%), Sodium: 245.04mg (10.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.16%), Vitamin A: 25853.43IU (517.07%), Vitamin C: 38.96mg (47.23%), Manganese: 0.62mg (30.75%), Potassium: 895.54mg (25.59%), Fiber: 6.23g (24.91%), Magnesium: 88.07mg (22.02%), Vitamin B6: 0.43mg (21.49%), Vitamin B1: 0.25mg (16.91%), Copper: 0.33mg (16.71%), Vitamin E: 2.34mg (15.6%), Iron: 2.61mg (14.51%), Folate: 53.14µg (13.29%), Calcium: 125.92mg (12.59%), Vitamin B5: 1.22mg (12.18%), Phosphorus: 120.72mg (12.07%), Vitamin B3: 2.35mg (11.73%), Vitamin B2: 0.12mg (6.87%), Zinc: 0.78mg (5.21%), Vitamin K: 3.51µg (3.34%), Selenium: 1.4µg (2%)