



 **65%**
HEALTH SCORE

Butternut Squash Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



100 min.

SERVINGS



6

CALORIES



259 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 pound butternut squash
- 2 teaspoons curry powder (mild or spicy)
- 6 servings kosher salt and freshly cracked pepper black
- 1 quart chicken stock see low-sodium
- 6 servings olive oil extra-virgin for roasting, plus 2 tablespoons
- 2 shallots chopped

Equipment

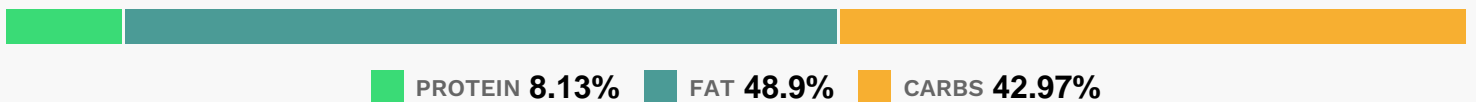
- bowl

- baking sheet
- sauce pan
- ladle
- oven
- blender
- dutch oven

Directions

- Preheat the oven to 375 degrees F.
- Cut the squash in half through the stem and remove the seeds.
- Drizzle the cut edges with oil, season with salt and pepper, and put it, cut side down, on a baking sheet. Roast until very soft, about 1 hour.
- Remove the squash from the oven, turn the halves over and let them stand until cool enough to handle. Scoop the flesh from the shell, into a bowl and discard the shell.
- In a large saucepan or Dutch oven with a lid, heat the 2 tablespoons oil over medium heat.
- Add the shallots and cook until softened, about 6 minutes.
- Add the squash flesh, chicken stock, and curry powder and bring to a boil. Reduce the heat to a simmer, cover, and cook until the squash is broken down, about 10 minutes.
- Cool the squash mixture for about 5 minutes before adding it to a blender. Working in batches, puree the soup in a blender until smooth, transferring the puree to a clean saucepan as you work. Season the soup with salt and pepper, to taste, and simmer a few minutes over medium heat to combine the flavors. Ladle the soup into serving bowls and serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:0.35, Inflammation Score:-10, Nutrition Score:19.583478393762%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 259.22kcal (12.96%), Fat: 15.27g (23.5%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 30.19g (10.06%), Net Carbohydrates: 25.17g (9.15%), Sugar: 5.87g (6.52%), Cholesterol: 0mg (0%), Sodium: 251.81mg (10.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.43%), Vitamin A: 24115.34IU (482.31%), Vitamin C: 48.37mg (58.63%), Vitamin E: 5.43mg (36.21%), Potassium: 972.27mg (27.78%), Manganese: 0.51mg (25.58%), Vitamin B3: 4.92mg (24.61%), Magnesium: 82.14mg (20.53%), Fiber: 5.02g (20.1%), Vitamin B6: 0.4mg (20.07%), Folate: 65.1µg (16.27%), Vitamin B1: 0.23mg (15.57%), Phosphorus: 129.49mg (12.95%), Copper: 0.26mg (12.83%), Iron: 2.3mg (12.76%), Calcium: 121.7mg (12.17%), Vitamin K: 11.65µg (11.1%), Vitamin B5: 0.93mg (9.31%), Vitamin B2: 0.1mg (5.66%), Zinc: 0.56mg (3.73%), Vitamin B12: 0.16µg (2.63%), Selenium: 1.35µg (1.93%)