



 **93%**
HEALTH SCORE

Butternut Squash Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



35 min.

SERVINGS



2

CALORIES



181 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 butternut squash whole
- 2 tsp mild curry powder
- 1 cup vegetable broth

Equipment

- baking sheet
- oven
- blender
- stove

Directions

- Slice butternut in half.
- Place cut-side-down on a cookie sheet and bake at 350F for 20 to 45 minutes, until the squash can be pierced easily with a fork but be careful not to burn. In the skin starts turning brown, it's done. Set aside to cool until it is safe to handle. Scoop out seeds and stringy matter and discard. Then scoop out flesh and transfer to a blender.
- Add vegetable broth, starting with 1/2 cup, adding more as necessary until the soup becomes thick and silky but totally pureed.
- Add curry powder to taste (all curries are a little different, some stronger than others). Gently reheat on the stove over low heat, adding salt to taste if desired. You can also add cayenne or hot sauce for a spicier curry flavoring. Nutritional Information
- Amount Per Serving
- Calories
- Fat
- 60g
- Carbohydrate
- 90gDietary Fiber6.30gSugars6.70gProtein3g

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.7, Inflammation Score:-10, Nutrition Score:25.337826231252%

Nutrients (% of daily need)

Calories: 181.13kcal (9.06%), Fat: 0.65g (1%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 46.5g (15.5%), Net Carbohydrates: 38.34g (13.94%), Sugar: 9.3g (10.34%), Cholesterol: 0mg (0%), Sodium: 486.04mg (21.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Vitamin A: 40132.49IU (802.65%), Vitamin C: 78.98mg (95.73%), Manganese: 0.84mg (42.16%), Vitamin E: 5.84mg (38.93%), Potassium: 1350.86mg (38.6%), Magnesium: 132.58mg (33.15%), Fiber: 8.16g (32.66%), Vitamin B6: 0.6mg (30.02%), Folate: 104.33µg (26.08%), Vitamin B1: 0.38mg (25.34%), Vitamin B3: 4.57mg (22.85%), Calcium: 189.56mg (18.96%), Iron: 3.22mg (17.87%), Vitamin B5: 1.5mg (15%), Copper: 0.29mg (14.32%), Phosphorus: 130.73mg (13.07%), Vitamin K: 6.12µg (5.83%), Vitamin B2:

0.08mg (4.74%), Zinc: 0.64mg (4.29%), Selenium: 2.22 μ g (3.17%)