



Butternut Squash Soup with Star Anise and Ginger Shrimp

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 lb butternut squash peeled seeded cut into 1/2-inch pieces (5 cups)
- ☐ 4 cups chicken stock see
- ☐ 8 servings garnish: cilantro sprigs fresh
- ☐ 1 tablespoon ginger fresh finely grated peeled
- ☐ 1 garlic clove thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup shallots chopped

- ☐ 1 lb shrimp in shell deveined peeled
- ☐ 2 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups water
- ☐ 3 star anise whole

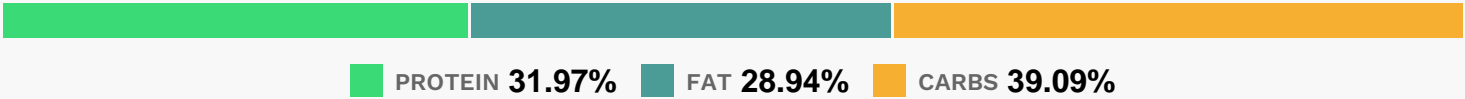
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Toss shrimp with ginger in a bowl and marinate, chilled, 30 minutes (do not marinate any longer or enzymes from ginger will begin to cook shrimp).
- ☐ Cook shallot, garlic, and anise in butter in a 3-quart heavy saucepan over moderate heat, stirring, until shallot is softened, about 5 minutes.
- ☐ Add squash, stock, and water and simmer, uncovered, until squash is very tender, about 20 minutes.
- ☐ Remove star anise.
- ☐ Purée soup in 2 batches in a blender (use caution when blending hot liquids) until very smooth, about 1 minute per batch, then transfer to cleaned pan and keep warm, covered.
- ☐ Sprinkle marinated shrimp with salt.
- ☐ Heat oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté shrimp in 2 batches, stirring, until just cooked through, about 3 minutes per batch, transferring to paper towels.
- ☐ Bring soup to a simmer and season with salt and pepper. Divide among 8 shallow soup bowls and mound 3 shrimp in each bowl.
- ☐ • Soup (without shrimp) can be made 3 days ahead and chilled, covered. If making soup ahead, begin marinating shrimp about 40 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.87, Inflammation Score:-10, Nutrition Score:14.844782650795%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 192.91kcal (9.65%), Fat: 6.46g (9.93%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 19.62g (6.54%), Net Carbohydrates: 16.92g (6.15%), Sugar: 5.65g (6.28%), Cholesterol: 102.41mg (34.14%), Sodium: 321.7mg (13.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.04g (32.09%), Vitamin A: 10647.24IU (212.94%), Vitamin C: 22.92mg (27.78%), Phosphorus: 201.72mg (20.17%), Potassium: 702.72mg (20.08%), Copper: 0.39mg (19.6%), Magnesium: 64.32mg (16.08%), Vitamin B3: 3.15mg (15.75%), Vitamin B6: 0.3mg (15.14%), Manganese: 0.29mg (14.72%), Vitamin E: 1.7mg (11.32%), Fiber: 2.7g (10.79%), Vitamin B1: 0.16mg (10.37%), Calcium: 100.78mg (10.08%), Folate: 39.81µg (9.95%), Iron: 1.63mg (9.06%), Zinc: 1.19mg (7.95%), Vitamin B2: 0.13mg (7.58%), Selenium: 3.49µg (4.98%), Vitamin K: 5.18µg (4.93%), Vitamin B5: 0.47mg (4.65%)