



Carrot, Sweet Potato and Squash Soup

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 apples crisp peeled chopped
- 2 tablespoons butter
- 1 pound carrots organic peeled chopped
- 4 cups chicken stock see
- 1 tablespoons puree of chipotle in adobo (freeze the remainder in a plastic baggie)
- 6 servings browned mexican chorizo crumbled
- 6 servings crème fraîche
- 2 tablespoons evoo

- 6 servings parsley fresh chopped
- 2 cloves garlic chopped
- 1 piece ginger root grated finely chopped
- 1 pinch ground cinnamon
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 tablespoon honey
- 6 servings little nutmeg freshly grated
- 2 onions chopped
- 1 tablespoon orange juice
- 1 teaspoon paprika
- 1.5 pounds pumpkin leftover peeled chopped (or roasted)
- 6 servings pumpkin seeds toasted
- 6 servings onions red finely chopped
- 6 servings salt and pepper black freshly ground
- 6 servings cheddar smoked shredded
- 2 large sweet potatoes peeled chopped

Equipment

- food processor
- bowl
- pot
- immersion blender

Directions

- Watch how to make this recipe.
- Heat the EVOO in a soup pot over medium-high heat, add the butter and melt into the oil.
- Add the chipotle, coriander, cumin, paprika, garlic, onions, apple, ginger, cinnamon and some nutmeg and salt and pepper. Cook for 5 minutes partially covered. Then add the stock, honey,

kabocha, carrots and potatoes. Cook partially covered until very tender, 30 minutes. Puree with an immersion blender or in batches in a food processor. Cool and store for a make-ahead meal. Reheat over medium heat and add 1 cup of stock or water to loosen the soup enough to reheat.

To serve, add a little citrus juice for a pop and top shallow bowls or cups of soup with assorted toppings of your choice.

Nutrition Facts

 PROTEIN **12.02%**  FAT **41.16%**  CARBS **46.82%**

Properties

Glycemic Index:102.35, Glycemic Load:17.98, Inflammation Score:-10, Nutrition Score:31.460434571556%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg

Nutrients (% of daily need)

Calories: 528.71kcal (26.44%), Fat: 25.02g (38.49%), Saturated Fat: 11.34g (70.89%), Carbohydrates: 64.03g (21.34%), Net Carbohydrates: 53.62g (19.5%), Sugar: 22.58g (25.08%), Cholesterol: 52.54mg (17.51%), Sodium: 583.74mg (25.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.44g (32.87%), Vitamin A: 41793.93IU (835.88%), Vitamin K: 84.59µg (80.57%), Vitamin C: 42.91mg (52.01%), Manganese: 0.87mg (43.34%), Fiber: 10.4g (41.61%), Potassium: 1390.57mg (39.73%), Calcium: 373.23mg (37.32%), Vitamin B6: 0.73mg (36.51%), Phosphorus: 347.96mg (34.8%), Magnesium: 112.85mg (28.21%), Vitamin B3: 5.58mg (27.9%), Vitamin B2: 0.46mg (27.08%), Vitamin E: 3.75mg (25.03%), Vitamin B1: 0.36mg (24.24%), Copper: 0.47mg (23.31%), Folate: 90.15µg (22.54%), Selenium: 14.45µg (20.65%), Vitamin B5: 1.85mg (18.5%), Iron: 3.13mg (17.37%), Zinc: 2.37mg (15.82%), Vitamin B12: 0.35µg (5.85%), Vitamin D: 0.18µg (1.2%)