



Chilled Summer-Squash Soup with Curry



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



66 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons curry powder
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1.8 cups buttermilk low-fat
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 14.5 ounce vegetable broth canned
- ☐ 1.3 pounds baby squash yellow cubed

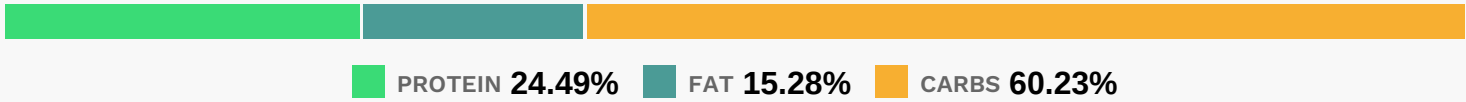
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Cook curry powder in a large saucepan over medium heat 1 minute or until toasted.
- ☐ Add squash, onion, and broth. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until tender.
- ☐ Place squash mixture in a blender; process until smooth.
- ☐ Pour mixture into a bowl; cover and chill. Stir in the buttermilk, mint, and salt.

Nutrition Facts



Properties

Glycemic Index:21.8, Glycemic Load:1.63, Inflammation Score:-6, Nutrition Score:8.1291304878567%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 65.55kcal (3.28%), Fat: 1.24g (1.91%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 10.98g (3.66%), Net Carbohydrates: 9.12g (3.32%), Sugar: 7.92g (8.8%), Cholesterol: 3.36mg (1.12%), Sodium: 689.36mg (29.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.93%), Vitamin C: 21.71mg (26.32%), Vitamin B2: 0.3mg (17.62%), Vitamin B6: 0.31mg (15.27%), Manganese: 0.27mg (13.37%), Potassium: 465.39mg (13.3%), Phosphorus: 126.01mg (12.6%), Calcium: 124.53mg (12.45%), Folate: 42.5µg (10.62%), Vitamin A: 492.08IU (9.84%), Magnesium: 32.96mg (8.24%), Fiber: 1.87g (7.46%), Vitamin B1: 0.09mg (6.21%), Zinc: 0.75mg (5.02%), Vitamin B5: 0.43mg (4.3%), Iron: 0.76mg (4.23%), Copper: 0.08mg (4.17%), Vitamin K: 4.35µg (4.14%), Vitamin B3: 0.66mg (3.32%), Vitamin B12: 0.18µg (3.08%), Selenium: 2.12µg (3.03%), Vitamin E: 0.36mg (2.38%)