

Colombian Ahuyama Soup

 **Gluten Free**

READY IN



40 min.

SERVINGS



10

CALORIES



148 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 2.5 pounds butternut squash cubed peeled
- 4.5 quarts chicken broth
- 1 tablespoon creamy peanut butter
- 0.5 teaspoon curry powder
- 0.3 cup parsley fresh chopped
- 2 cloves garlic minced
- 0.3 teaspoon nutmeg

- 0.5 cup cream light
- 1 onion chopped
- 0.3 teaspoon pepper red
- 1 teaspoon worcestershire sauce

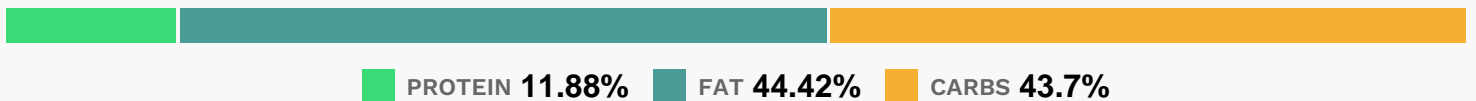
Equipment

- food processor
- pot
- blender

Directions

- Melt the butter in a large pot over medium heat. Stir in the onion, garlic, curry powder, and red pepper flakes. Cook until the onion has turned translucent, 5 to 8 minutes.
- Stir the chicken stock and squash into the onion mixture. Simmer the soup over medium heat until the squash is tender when pierced with a fork, about 20 minutes. Turn off the heat, and stir in the nutmeg, Worcestershire sauce, and peanut butter.
- Transfer the mixture in batches to a blender or food processor; blend until smooth, slowly pouring in the cream. Reheat soup if necessary, but do not boil.
- Serve garnished with parsley.

Nutrition Facts



Properties

Glycemic Index:22.8, Glycemic Load:0.35, Inflammation Score:-10, Nutrition Score:15.075217344191%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 148.13kcal (7.41%), Fat: 7.85g (12.08%), Saturated Fat: 4.01g (25.09%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 14.73g (5.36%), Sugar: 5.07g (5.64%), Cholesterol: 27.8mg (9.27%), Sodium: 1623.47mg (70.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.46%), Vitamin A: 12396.73IU (247.93%), Vitamin C: 26.97mg (32.69%), Vitamin K: 26.58µg (25.32%), Manganese: 0.48mg (24.09%), Vitamin B2: 0.3mg (17.62%), Potassium: 531.37mg (15.18%), Vitamin E: 2.17mg (14.5%), Vitamin B1: 0.22mg (14.44%), Vitamin B3: 2.56mg (12.82%), Magnesium: 48.91mg (12.23%), Fiber: 2.65g (10.62%), Vitamin B6: 0.21mg (10.47%), Folate: 37.2µg (9.3%), Calcium: 88.23mg (8.82%), Copper: 0.16mg (8.22%), Phosphorus: 73.78mg (7.38%), Iron: 1.32mg (7.34%), Vitamin B5: 0.57mg (5.66%), Zinc: 0.59mg (3.94%), Selenium: 2.6µg (3.71%), Vitamin B12: 0.11µg (1.9%)