



 **12%**
HEALTH SCORE

Corn and Butternut Squash Chowder

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



332 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons vegetable oil
- 1.5 pounds butternut squash peeled seeded cut into 1-inch chunks (5 cups)
- 1 medium onion chopped
- 10 ounces corn frozen thawed
- 1.5 teaspoons curry powder
- 1 serving coarse mustard
- 29 ounces vegetable stock canned
- 0.5 cup cup heavy whipping cream

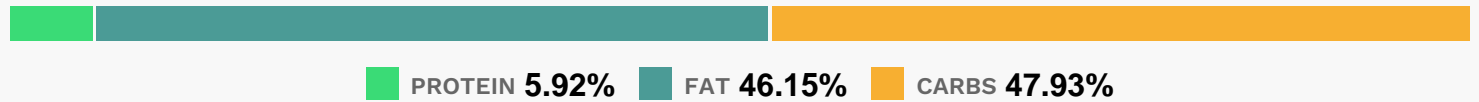
Equipment

- pot
- blender

Directions

- In a large heavy pot, heat oil over medium-high; add squash and onion. Cook until onion is soft, about 6 minutes.
- Add corn and curry powder; cook until curry is fragrant, about 2 minutes. Season with salt and pepper.
- Add broth and simmer until squash is tender, about 25 minutes. In a blender, blend half the soup until smooth. Return to pot and stir in cream; heat through over medium-low (do not boil).

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:1.76, Inflammation Score:-10, Nutrition Score:19.400869413562%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 331.74kcal (16.59%), Fat: 18.44g (28.36%), Saturated Fat: 8.03g (50.2%), Carbohydrates: 43.09g (14.36%), Net Carbohydrates: 36.93g (13.43%), Sugar: 7.56g (8.4%), Cholesterol: 33.62mg (11.21%), Sodium: 855.76mg (37.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.64%), Vitamin A: 18968.1IU (379.36%), Vitamin C: 43.13mg (52.28%), Manganese: 0.53mg (26.44%), Potassium: 888.97mg (25.4%), Fiber: 6.16g (24.63%), Vitamin E: 3.45mg (23.03%), Vitamin B6: 0.44mg (22.09%), Magnesium: 87.85mg (21.96%), Folate: 81.93µg (20.48%), Vitamin B1: 0.27mg (17.73%), Vitamin B3: 3.32mg (16.58%), Vitamin K: 16.21µg (15.43%), Phosphorus: 146.99mg (14.7%), Calcium: 114.81mg (11.48%), Iron: 2mg (11.13%), Vitamin B5: 1mg (10.01%), Vitamin B2: 0.16mg (9.57%), Copper: 0.18mg (8.98%), Zinc: 0.91mg (6.05%), Selenium: 3µg (4.29%), Vitamin D: 0.48µg (3.17%)