



5%
HEALTH SCORE

Creamy Squash Soup

READY IN



25 min.

SERVINGS



8

CALORIES



164 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 bacon
- 3 cups chicken broth
- 0.5 teaspoon curry powder
- 12 ounces evaporated milk divided canned
- 2 tablespoons flour all-purpose
- 2 garlic clove minced
- 0.1 teaspoon nutmeg
- 1 cup onion finely chopped
- 0.3 teaspoon pepper

- 0.5 teaspoon salt
- 8 servings cream sour
- 2 cups winter squash cooked mashed

Equipment

- food processor
- frying pan
- sauce pan
- blender
- dutch oven

Directions

- In a large saucepan or Dutch oven, cook bacon until crisp; crumble and set aside.
- Drain all but 1 tablespoon drippings; saute onion and garlic in dripping until tender.
- In a blender or food processor, puree squash, flour, 1/3 cup milk and onion mixture; add to pan.
- Add the broth, curry powder, salt, pepper, nutmeg and remaining milk; bring to a boil over medium heat. Boil for 2 minutes. Top servings with a dollop of sour cream if desired.
- Sprinkle with bacon.

Nutrition Facts

 PROTEIN 13.87%  FAT 48.55%  CARBS 37.58%

Properties

Glycemic Index:29.88, Glycemic Load:1.53, Inflammation Score:-10, Nutrition Score:11.845217409341%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 164.14kcal (8.21%), Fat: 9.13g (14.05%), Saturated Fat: 4.31g (26.93%), Carbohydrates: 15.91g (5.3%), Net Carbohydrates: 14.25g (5.18%), Sugar: 7.23g (8.04%), Cholesterol: 26.62mg (8.87%), Sodium: 579.11mg (25.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.74%), Vitamin A: 6470.61IU (129.41%), Vitamin C: 15.07mg (18.26%), Calcium: 162.7mg (16.27%), Vitamin B2: 0.24mg (14.18%), Phosphorus: 139.94mg (13.99%), Potassium: 421.36mg (12.04%), Manganese: 0.23mg (11.53%), Vitamin B1: 0.15mg (9.91%), Magnesium: 36.47mg (9.12%), Vitamin B6: 0.17mg (8.75%), Vitamin B3: 1.47mg (7.36%), Vitamin E: 1.07mg (7.13%), Folate: 27.57µg (6.89%), Fiber: 1.65g (6.61%), Selenium: 4.6µg (6.57%), Vitamin B5: 0.64mg (6.4%), Zinc: 0.68mg (4.52%), Iron: 0.79mg (4.37%), Copper: 0.08mg (4.16%), Vitamin B12: 0.15µg (2.54%), Vitamin K: 1.41µg (1.34%)