



Curried Acorn Squash-and-Apple Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



586 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 pounds acorn squash halved
- ☐ 2 baking potatoes peeled coarsely chopped
- ☐ 0.3 cup butter
- ☐ 4.8 cups chicken broth divided
- ☐ 1.5 tablespoons curry powder
- ☐ 4 granny smith apples peeled coarsely chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 teaspoon ground pepper red

- ☐ 2 tablespoons honey
- ☐ 1 teaspoon salt
- ☐ 2 cups whipping cream

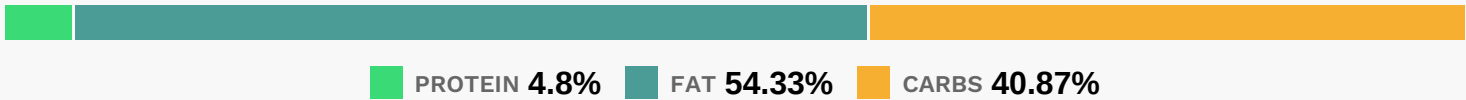
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Place squash halves, cut side down, on an aluminum foil-lined baking sheet.
- ☐ Bake at 350 for 45 minutes or until tender. Scoop out pulp, discarding shells; set pulp aside.
- ☐ Melt butter in a Dutch oven over medium heat; add 4 cups chicken broth, apples, and next 5 ingredients. Cook, stirring often, 25 to 30 minutes or until apples and potatoes are tender.
- ☐ Remove from heat, and let cool slightly (about 5 to 10 minutes).
- ☐ Process squash pulp, apple mixture, and remaining 3/4 cup chicken broth, in batches, in a food processor or blender until smooth, stopping to scrape down sides.
- ☐ Return pure to Dutch oven. Stir in whipping cream and honey, and simmer, stirring occasionally, 15 to 20 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:17.57, Inflammation Score:-9, Nutrition Score:20.38913047832%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 586.16kcal (29.31%), Fat: 37.39g (57.52%), Saturated Fat: 19.99g (124.95%), Carbohydrates: 63.28g (21.09%), Net Carbohydrates: 55.37g (20.14%), Sugar: 21.99g (24.44%), Cholesterol: 93.37mg (31.12%), Sodium: 1201.13mg (52.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.85%), Vitamin A: 2526.12IU (50.52%), Vitamin C: 35.47mg (43%), Potassium: 1358.32mg (38.81%), Manganese: 0.72mg (36.21%), Vitamin B6: 0.7mg (34.89%), Fiber: 7.91g (31.62%), Vitamin B1: 0.46mg (30.46%), Magnesium: 107.11mg (26.78%), Vitamin B2: 0.35mg (20.55%), Phosphorus: 196.03mg (19.6%), Iron: 3.06mg (17.02%), Calcium: 163.86mg (16.39%), Copper: 0.31mg (15.32%), Vitamin B3: 2.98mg (14.89%), Folate: 58.13µg (14.53%), Vitamin B5: 1.43mg (14.27%), Vitamin E: 1.73mg (11.54%), Vitamin D: 1.27µg (8.46%), Vitamin K: 8.24µg (7.84%), Selenium: 4.88µg (6.98%), Zinc: 0.96mg (6.38%), Vitamin B12: 0.17µg (2.89%)