



Curried Apple Soup

READY IN



45 min.

SERVINGS



6

CALORIES



160 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 pounds cooking apples peeled roughly chopped
- 2 tablespoons butter
- 2 cubes chicken bouillon crumbled
- 5 tablespoons flour all-purpose
- 1.5 teaspoons garam masala
- 1.5 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 0.5 juice of lemon juiced

- 2 tablespoons mango chutney
- 1 onion chopped
- 0.5 cup yogurt plain
- 6 servings salt and pepper black freshly ground to taste
- 3.8 cups water

Equipment

- bowl
- ladle
- pot
- blender

Directions

- Melt butter in a large pot over medium-high heat. Cook onion in melted butter until softened, about 5 minutes.
- Mix coriander, garam masala, cumin, and turmeric with the onion; cook until fragrant, about 1 minute. Stir flour into the onion mixture; cook until the flour darkens, about 1 minute more.
- Pour water into the pot. Dissolve bouillon in the water.
- Add apples and season with salt and freshly ground black pepper. Bring the mixture to a boil, stirring occasionally, reduce heat to medium-low, and simmer until the apples are tender, about 15 minutes.
- Stir chutney and lemon juice into the soup; remove pot from heat.
- Pour soup into a blender no more than half full. Cover and hold lid in place with a towel. Pulse blender a few times before leaving on to blend. Puree in batches until smooth.
- Rinse the pot clean, pour pureed soup into the pot, and heat over medium heat just until it begins to boil. Turn heat off completely. Season soup with salt and pepper. Ladle soup into bowls; top each serving with a dollop of yogurt to serve.

Nutrition Facts



PROTEIN 5.16% **FAT 26.63%** **CARBS 68.21%**

Properties

Glycemic Index:50, Glycemic Load:10.66, Inflammation Score:-9, Nutrition Score:4.711739136473%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg

Nutrients (% of daily need)

Calories: 160.23kcal (8.01%), Fat: 4.99g (7.68%), Saturated Fat: 2.9g (18.12%), Carbohydrates: 28.77g (9.59%), Net Carbohydrates: 25.06g (9.11%), Sugar: 16.86g (18.73%), Cholesterol: 12.69mg (4.23%), Sodium: 53.5mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.35%), Fiber: 3.72g (14.87%), Vitamin C: 8.45mg (10.24%), Manganese: 0.17mg (8.46%), Potassium: 217.32mg (6.21%), Vitamin B2: 0.1mg (6.17%), Vitamin B1: 0.09mg (5.9%), Iron: 0.96mg (5.34%), Folate: 21.31µg (5.33%), Calcium: 51.42mg (5.14%), Phosphorus: 51.29mg (5.13%), Copper: 0.09mg (4.52%), Vitamin B6: 0.09mg (4.41%), Selenium: 3.01µg (4.3%), Magnesium: 17.01mg (4.25%), Vitamin A: 203.36IU (4.07%), Vitamin K: 3.18µg (3.03%), Vitamin B3: 0.56mg (2.8%), Vitamin E: 0.37mg (2.44%), Zinc: 0.32mg (2.13%), Vitamin B5: 0.21mg (2.1%), Vitamin B12: 0.08µg (1.39%)