



Curried Butternut Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 1 tablespoon butter
- ☐ 2 pounds butternut squash cubed peeled
- ☐ 0.5 cup celery thinly sliced
- ☐ 2 teaspoons curry powder
- ☐ 43.5 ounce less-sodium chicken broth fat-free canned
- ☐ 1 garlic clove minced
- ☐ 0.8 pound apples i use 2 granny smith apples peeled chopped

- ☐ 1.5 cups onion finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 2 ounces cheddar cheese white extra-sharp grated

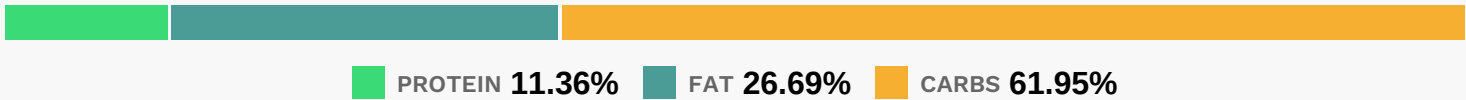
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ potato masher
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 40
- ☐ Arrange squash in a single layer on a foil-lined baking sheet coated with cooking spray.
- ☐ Bake at 400 for 45 minutes or until tender.
- ☐ Melt butter in a Dutch oven over medium-high heat.
- ☐ Add apple, onion, celery, and bay leaf; saut 10 minutes. Stir in curry powder and garlic; cook 1 minute, stirring constantly.
- ☐ Add squash, broth, and salt; stir well.
- ☐ Reduce heat to medium-low; simmer, uncovered, 30 minutes. Discard bay leaf. Partially mash mixture with a potato masher until thick and chunky; stir well with a spoon. Top each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:4.57, Inflammation Score:-10, Nutrition Score:24.420869736568%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 15.65mg, Quercetin: 15.65mg, Quercetin: 15.65mg, Quercetin: 15.65mg

Nutrients (% of daily need)

Calories: 271.76kcal (13.59%), Fat: 8.78g (13.51%), Saturated Fat: 4.65g (29.04%), Carbohydrates: 45.86g (15.29%), Net Carbohydrates: 37.7g (13.71%), Sugar: 17.09g (18.99%), Cholesterol: 21.7mg (7.23%), Sodium: 1471.91mg (64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.41g (16.82%), Vitamin A: 24453.21IU (489.06%), Vitamin C: 56.73mg (68.76%), Manganese: 0.67mg (33.56%), Fiber: 8.15g (32.61%), Potassium: 1132.58mg (32.36%), Vitamin B6: 0.54mg (26.99%), Vitamin E: 3.87mg (25.82%), Calcium: 252.59mg (25.26%), Magnesium: 98.49mg (24.62%), Vitamin B3: 4.68mg (23.39%), Folate: 87.5µg (21.88%), Phosphorus: 208.97mg (20.9%), Vitamin B1: 0.3mg (20.09%), Selenium: 12.59µg (17.99%), Vitamin B5: 1.5mg (15.01%), Iron: 2.62mg (14.53%), Copper: 0.29mg (14.39%), Vitamin B2: 0.22mg (13.12%), Vitamin B12: 0.77µg (12.88%), Vitamin K: 9.9µg (9.43%), Zinc: 1.13mg (7.52%)