






 **81%**
HEALTH SCORE

Curried Butternut Squash and Apple Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN

45 min.

SERVINGS

1

CALORIES

134 kcal

SOUP **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 3.5 oz cauliflower chopped
- 2.5 oz butternut squash chopped
- 2 oz apples peeled chopped
- 1 cup water
- 2 tsp bragg liquid aminos
- 0.5 tsp garlic powder (or even 1 tsp, if you like the heat)
- 0.3 tsp ground ginger
- 0.1 tsp sriracha

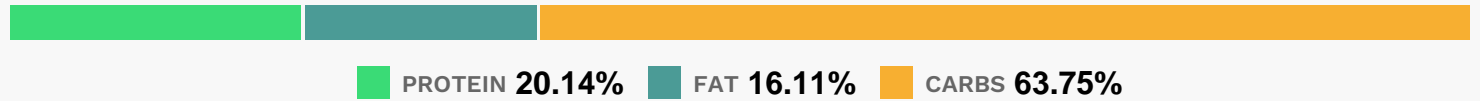
0.1 tofu firm cubed pressed

Equipment

Directions

- Get ready two small saucepans.
- In one have together 1/2 of the squash and 1/2 of the apple bring to a simmer, and simmer until just tender when pierced with a fork.
- In the other, add in the rest of the vegetables along with 1 cup of water bring this to a rolling boil, reduce to a simmer, and simmer until very very tender. When very tender, remove the vegetables from the heat, and blend these vegetables together (without draining) with the Braggs, spices, sriracha and the additional 1/2 cup water.
- Mix the blended part of the soup with the simmered squash and apples.
- Mix in the cubed tofu, gently re-heat and serve.

Nutrition Facts



Properties

Glycemic Index:84, Glycemic Load:3.17, Inflammation Score:-10, Nutrition Score:17.050434782609%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg, Epicatechin: 4.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Taste

Sweetness: 80.64%, Saltiness: 62.88%, Sourness: 62.96%, Bitterness: 100%, Savoriness: 21.65%, Fattiness: 24.18%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 134.47kcal (6.72%), Fat: 2.66g (4.09%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 23.64g (7.88%), Net Carbohydrates: 18.28g (6.65%), Sugar: 9.56g (10.62%), Cholesterol: 0mg (0%), Sodium: 63.89mg (2.78%), Protein: 7.47g (14.93%), Vitamin A: 7565.6IU (151.31%), Vitamin C: 65.79mg (79.74%), Manganese: 0.48mg (24.11%), Fiber: 5.36g (21.45%), Folate: 78.22µg (19.55%), Potassium: 632.12mg (18.06%), Vitamin B6: 0.34mg (17.22%), Vitamin K: 17.43µg (16.6%), Calcium: 130.01mg (13%), Magnesium: 46.37mg (11.59%), Vitamin B5: 0.99mg (9.94%), Iron: 1.75mg (9.75%), Vitamin B1: 0.14mg (9.15%), Vitamin E: 1.21mg (8.09%), Phosphorus: 80.52mg (8.05%), Copper: 0.15mg (7.67%), Vitamin B3: 1.46mg (7.31%), Vitamin B2: 0.09mg (5.41%), Zinc: 0.48mg (3.23%), Selenium: 1.57µg (2.24%)