



Curried Butternut Squash and Pear Soup



Vegetarian



Gluten Free



Popular

READY IN



105 min.

SERVINGS



8

CALORIES



165 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bartlett pears firm cored ripe peeled cut into 1 inch dice
- ☐ 2 pound butternut squash
- ☐ 1 tablespoon curry powder
- ☐ 2 teaspoons ginger root fresh minced
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup half and half
- ☐ 1 onion diced
- ☐ 4 cups reduced sodium chicken broth

- ☐ 1 teaspoon salt
- ☐ 3 tablespoons butter unsalted

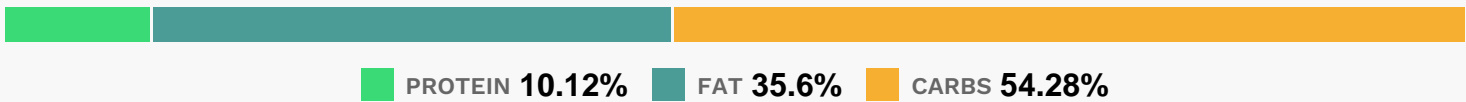
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ kitchen towels

Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C). Line a rimmed baking sheet with parchment paper.
- ☐ Cut squash in half lengthwise; discard seeds and membrane.
- ☐ Place squash halves, cut sides down, on the prepared baking sheet. Roast in preheated oven until very soft, about 45 minutes. Scoop the pulp from the peel, and reserve.
- ☐ Melt butter in a large soup pot over medium heat. Stir in the onion, garlic, ginger, curry powder, and salt. Cook and stir until the onion is soft, about 10 minutes.
- ☐ Pour the chicken broth into the pot, and bring to a boil. Stir in the pears and the reserved squash, and simmer until the pears are very soft, about 30 minutes.
- ☐ Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender. Puree in batches until smooth. Return the soup to the pot, stir in the half and half, and reheat.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:2.55, Inflammation Score:-10, Nutrition Score:13.669130439344%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 164.86kcal (8.24%), Fat: 7.02g (10.79%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 24.06g (8.02%), Net Carbohydrates: 19.91g (7.24%), Sugar: 8.21g (9.12%), Cholesterol: 16.58mg (5.53%), Sodium: 342mg (14.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Vitamin A: 12259.15IU (245.18%), Vitamin C: 27.27mg (33.05%), Potassium: 603.6mg (17.25%), Fiber: 4.16g (16.62%), Vitamin B3: 3.12mg (15.6%), Manganese: 0.31mg (15.51%), Vitamin E: 2.02mg (13.44%), Vitamin B6: 0.24mg (12.05%), Magnesium: 47.71mg (11.93%), Phosphorus: 101.27mg (10.13%), Copper: 0.19mg (9.69%), Folate: 37.74µg (9.44%), Calcium: 88.96mg (8.9%), Vitamin B1: 0.13mg (8.89%), Iron: 1.4mg (7.8%), Vitamin B2: 0.11mg (6.33%), Vitamin B5: 0.54mg (5.44%), Vitamin K: 4.32µg (4.11%), Zinc: 0.45mg (3.02%), Vitamin B12: 0.16µg (2.59%), Selenium: 1.46µg (2.08%)