



Curried Butternut Squash Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



135 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon brown sugar
- 3 pounds butternut squash peeled chopped
- 1 tablespoon curry powder
- 0.7 cup cilantro leaves fresh minced
- 5 garlic cloves chopped
- 1 pound apples i use 2 granny smith apples peeled chopped
- 0.8 teaspoon ground cumin
- 0.3 teaspoon ground pepper red

- 1 cup leek thinly sliced (1 large)
- 0.8 teaspoon salt
- 2 teaspoons vegetable oil
- 6 cups water
- 0.3 cup whipping cream

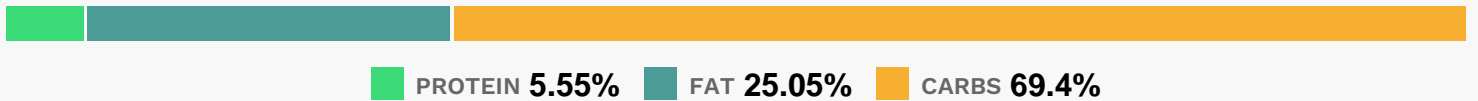
Equipment

- bowl
- frying pan
- blender
- dutch oven

Directions

- Heat the oil in a large Dutch oven over medium heat.
- Add leek and next 5 ingredients (leek through garlic), and cook 2 minutes, stirring frequently.
- Add squash, water, and apple; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until tender.
- Place half of soup in a blender; process until smooth.
- Pour pured soup into a large bowl. Repeat procedure with the remaining soup. Return soup to pan; stir in cream and salt. Cook 1 minute or until thoroughly heated.
- Sprinkle each serving with about 1 tablespoon cilantro.

Nutrition Facts



Properties

Glycemic Index:16.8, Glycemic Load:2.17, Inflammation Score:-10, Nutrition Score:14.22000013551%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg

Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg
Epicatechin: 3.42mg, Epicatechin: 3.42mg, Epicatechin: 3.42mg, Epicatechin: 3.42mg Epigallocatechin 3-gallate:
0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate:
0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.31mg, Kaempferol:
0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg,
Myricetin: 0.04mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 134.89kcal (6.74%), Fat: 4.14g (6.37%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 25.81g (8.6%), Net
Carbohydrates: 21.55g (7.84%), Sugar: 9.5g (10.56%), Cholesterol: 8.96mg (2.99%), Sodium: 192.99mg (8.39%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.13%), Vitamin A: 14855.28IU (297.11%), Vitamin C:
32.65mg (39.58%), Manganese: 0.4mg (19.81%), Fiber: 4.26g (17.04%), Potassium: 577.24mg (16.49%), Vitamin E:
2.45mg (16.33%), Vitamin B6: 0.28mg (14.06%), Magnesium: 55.92mg (13.98%), Vitamin K: 12.57µg (11.97%), Folate:
45.83µg (11.46%), Vitamin B1: 0.16mg (10.47%), Calcium: 91.66mg (9.17%), Vitamin B3: 1.77mg (8.85%), Iron: 1.54mg
(8.54%), Copper: 0.16mg (7.92%), Phosphorus: 63.46mg (6.35%), Vitamin B5: 0.62mg (6.21%), Vitamin B2: 0.06mg
(3.68%), Zinc: 0.32mg (2.15%), Selenium: 1.36µg (1.94%)