



Curried Butternut Squash Soup



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



130 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 32 ounce chicken broth
- ☐ 0.5 teaspoon curry powder
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 cup lite coconut milk
- ☐ 0.5 teaspoon salt
- ☐ 0.8 pound shrimp fresh unpeeled
- ☐ 3 pounds roasted winter squash

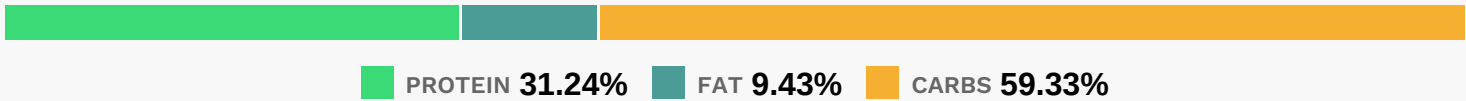
Equipment

- ☐ food processor
- ☐ blender
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Mash Roasted Winter Squash with a potato masher or fork, and set aside.
- ☐ Peel shrimp, and devein, if desired. Set aside.
- ☐ Stir together broth and next 3 ingredients in a Dutch oven over medium heat, and cook, stirring occasionally, 20 minutes or until thoroughly heated.
- ☐ Remove from heat.
- ☐ Process squash and broth mixture together, in batches, in a food processor or blender until smooth, stopping to scrape down sides. Return mixture to Dutch oven; add shrimp, and cook over medium heat until thoroughly heated and shrimp turn pink.
- ☐ Sprinkle each serving with cilantro.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:15.537825936856%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 130.34kcal (6.52%), Fat: 1.48g (2.27%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 17.43g (6.34%), Sugar: 4.23g (4.7%), Cholesterol: 70.73mg (23.58%), Sodium: 633.98mg (27.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.98%), Vitamin A: 18091.57IU (361.83%), Vitamin C: 35.76mg (43.35%), Potassium: 733.9mg (20.97%), Manganese: 0.42mg (20.8%), Magnesium: 74.2mg (18.55%), Vitamin E: 2.52mg (16.83%), Copper: 0.31mg (15.36%), Phosphorus: 152.15mg (15.22%), Fiber: 3.45g (13.78%), Vitamin B6: 0.26mg (13.18%), Vitamin B1: 0.19mg (12.95%), Folate: 46.18µg (11.55%), Vitamin B3: 2.3mg (11.47%), Calcium: 114.15mg (11.42%), Iron: 1.53mg (8.51%), Vitamin B5: 0.69mg (6.91%), Zinc: 0.91mg (6.07%), Vitamin B2: 0.1mg (5.97%), Vitamin K: 2.31µg (2.2%), Selenium: 1.33µg (1.9%)