



Curried Butternut Squash Soup

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



291 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 pound butternut squash peeled seeded cut into 1-inch pieces
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 4 cups chicken broth
- ☐ 2 teaspoons curry powder
- ☐ 4 cloves garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup half-and-half

- ☐ 2 tablespoons honey
- ☐ 1 cup onion finely chopped
- ☐ 1 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream sour to taste

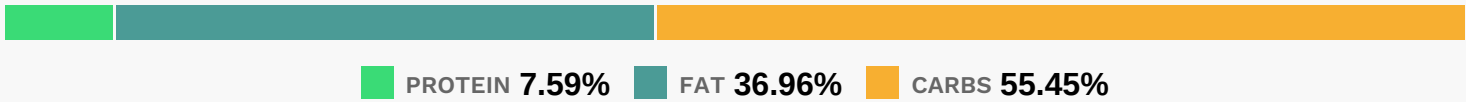
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Melt butter in a large pot over medium heat. Cook and stir onion and garlic in hot butter until softened and browned, 10 to 15 minutes.
- ☐ Stir chicken broth, squash, curry powder, salt, cumin, and cayenne pepper into onion mixture. Bring mixture to a boil, reduce heat to low, and simmer until squash is tender, about 15 minutes.
- ☐ Remove from heat. Stir half-and-half and honey into squash mixture.
- ☐ Pour squash mixture into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth. Ladle soup into serving bowls and top with a dollop of sour cream.

Nutrition Facts



Properties

Glycemic Index:50.32, Glycemic Load:5.65, Inflammation Score:-10, Nutrition Score:21.223913047625%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.17mg,

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Nutrients (% of daily need)

Calories: 291.41kcal (14.57%), Fat: 12.94g (19.9%), Saturated Fat: 7.3g (45.65%), Carbohydrates: 43.66g (14.55%), Net Carbohydrates: 37.97g (13.81%), Sugar: 18.14g (20.15%), Cholesterol: 38.82mg (12.94%), Sodium: 1533.72mg (66.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.95%), Vitamin A: 24550.82IU (491.02%), Vitamin C: 52.21mg (63.28%), Manganese: 0.73mg (36.67%), Potassium: 998.63mg (28.53%), Vitamin E: 3.93mg (26.19%), Vitamin B6: 0.47mg (23.69%), Magnesium: 92.68mg (23.17%), Fiber: 5.69g (22.77%), Vitamin B1: 0.32mg (21.16%), Calcium: 189.74mg (18.97%), Folate: 72.81µg (18.2%), Vitamin B2: 0.29mg (17.18%), Vitamin B3: 3.42mg (17.11%), Phosphorus: 147.3mg (14.73%), Iron: 2.43mg (13.52%), Copper: 0.24mg (12.17%), Vitamin B5: 1.15mg (11.46%), Selenium: 4.55µg (6.5%), Zinc: 0.86mg (5.73%), Vitamin K: 4.92µg (4.68%), Vitamin B12: 0.15µg (2.44%)