

 **17%**  
HEALTH SCORE

## Curried Butternut Squash Soup

 **Vegetarian**  **Gluten Free**

READY IN



**50 min.**

SERVINGS



**4**

CALORIES



**573 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 large banana ripe unpeeled
- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 4 tablespoons butter
- 1.5 lbs butternut squash diced peeled
- 1 carrots peeled chopped
- 1 stalk celery chopped
- 1 cup coconut milk

- 6 tablespoons cilantro leaves fresh
- 1 garlic clove chopped
- 1 teaspoon curry paste green
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground coriander
- 0.3 teaspoon nutmeg
- 4 servings pepper fresh black to taste
- 2 tablespoons honey
- 1 juice of lime
- 1 onion chopped
- 6 tablespoons pumpkin seeds
- 4 servings salt to taste
- 2 tablespoons truffle oil
- 2 cups vegetable stock

## Equipment

- bowl
- sauce pan
- ladle
- oven
- sieve
- baking pan

## Directions

- Preheat oven to 350 F or 180C.
- Place the diced squash on a lined baking tray and sprinkle it with brown sugar, the honey and 2 tablespoons butter. Roast until caramelized and soft to the touch, about 20 minutes. Roast the unpeeled banana in the oven at the same time. Melt the other 2 tablespoons butter in a large saucepan on medium heat and sweat the chopped onion, celery and carrot for a few minutes until tender.

Add the garlic, curry powder, coriander, nutmeg and cinnamon and cook slowly for a few more minutes. When the squash is done, remove it from the tray and add to the soup. Take the banana from its skin and also add it to the soup, along with the chicken broth. You can scrape any sugar/honey mixture left on the tray lining into the soup as well. Simmer for a further 10 minutes, then add the coconut milk and blend until smooth. Thin out the soup, if desired, with a bit more broth. Blend again until smooth and pass the soup through a chinois or household strainer.

Add lime juice and salt and pepper to taste. Ladle into bowls and serve with cilantro leaves as a garnish, a drizzle of truffle oil or a few toasted pumpkin seeds. The soup goes well with a chilled Gewurztraminer wine.

## Nutrition Facts

**PROTEIN 5.6%** **FAT 56.25%** **CARBS 38.15%**

### Properties

Glycemic Index:145.97, Glycemic Load:11.77, Inflammation Score:-10, Nutrition Score:26.44347845601%

### Flavonoids

Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

### Nutrients (% of daily need)

Calories: 572.8kcal (28.64%), Fat: 38.32g (58.96%), Saturated Fat: 20.32g (126.99%), Carbohydrates: 58.47g (19.49%), Net Carbohydrates: 51.88g (18.86%), Sugar: 31.66g (35.18%), Cholesterol: 30.1mg (10.03%), Sodium: 793.61mg (34.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.18%), Vitamin A: 21540.96IU (430.82%), Manganese: 1.69mg (84.72%), Vitamin C: 45.64mg (55.32%), Magnesium: 191.3mg (47.83%), Phosphorus: 326.79mg (32.68%), Potassium: 1126.33mg (32.18%), Vitamin E: 4.31mg (28.75%), Iron: 4.89mg (27.17%), Fiber: 6.59g (26.37%), Copper: 0.52mg (25.91%), Vitamin B6: 0.51mg (25.35%), Folate: 83.07µg (20.77%), Vitamin B3: 3.65mg (18.27%), Vitamin B1: 0.26mg (17.63%), Vitamin K: 15.5µg (14.77%), Calcium: 138.17mg (13.82%), Zinc: 1.97mg (13.11%), Vitamin B5: 1.15mg (11.5%), Vitamin B2: 0.12mg (6.85%), Selenium: 3.36µg (4.8%)