



Curried Butternut Squash Soup

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



53 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 halves butternut squash
- 1 teaspoon curry powder
- 1 teaspoon garlic powder
- 4 servings pepper black
- 1 tablespoon juice of lime
- 0.3 teaspoon lime zest
- 4 servings lime zest
- 0.5 cup cream sour reduced-fat

- 1 teaspoon onion powder
- 2 cups vegetable stock

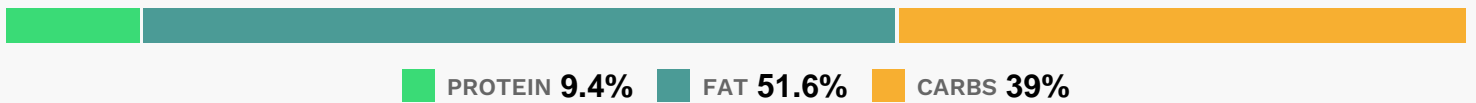
Equipment

- bowl
- sauce pan
- ladle
- whisk
- pot
- immersion blender

Directions

- Scoop flesh out of butternut squash with a spoon. In a medium saucepan, combine broth, flesh of butternut squash, garlic powder, onion powder, curry powder, salt and pepper. Set pot over medium heat and bring to a simmer, about 10 minutes. Puree soup with an immersion blender until smooth. Ladle into bowls.
- Serve with a dollop of Lime Crema and garnish with extra lime zest, if desired.
- In a small bowl, combine sour cream, lime zest, and lime juice.
- Whisk to combine.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:0.75, Inflammation Score:-3, Nutrition Score:1.8856521436702%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 52.54kcal (2.63%), Fat: 3.14g (4.82%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 4.94g (1.8%), Sugar: 1.22g (1.36%), Cholesterol: 10.06mg (3.35%), Sodium: 495.08mg (21.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.57%), Vitamin A: 405.64IU (8.11%), Calcium: 47.02mg (4.7%), Phosphorus: 27.92mg (2.79%), Potassium: 91.16mg (2.6%), Manganese: 0.05mg (2.49%), Vitamin C: 2mg (2.42%), Vitamin B2: 0.04mg (2.26%), Vitamin B12: 0.12µg (2.01%), Selenium: 1.24µg (1.78%), Fiber: 0.39g (1.57%), Vitamin B6: 0.03mg (1.52%), Magnesium: 6mg (1.5%), Vitamin E: 0.22mg (1.48%), Zinc: 0.21mg (1.42%), Iron: 0.25mg (1.41%), Vitamin B1: 0.02mg (1.35%), Folate: 5.22µg (1.31%)