



## Curried Butternut Squash Soup



Vegetarian



Gluten Free



Popular

READY IN



75 min.

SERVINGS



4

CALORIES



363 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 2 pound butternut squash diced cubed peeled seeded
- ☐ 4 servings olive oil extra virgin
- ☐ 1 teaspoon butter
- ☐ 4 servings salt
- ☐ 1 large onion yellow chopped
- ☐ 2 teaspoons curry powder yellow
- ☐ 1 teaspoon mustard seeds whole (if you substitute ground mustard, only use)
- ☐ 1 dash ground cumin

- ☐ 1 tablespoon ginger fresh minced
- ☐ 4 cups chicken stock see
- ☐ 1 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream plain sour (can substitute yogurt)
- ☐ 0.3 cup cilantro leaves fresh chopped (can substitute parsley)

## Equipment

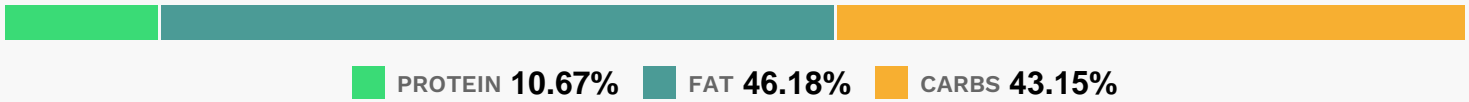
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ spatula
- ☐ immersion blender

## Directions

- ☐ Sauté the cubed squash:
- ☐ Heat a tablespoon of olive oil in a large, thick-bottomed stock pot on medium heat.
- ☐ Add a dab of butter to the olive oil.
- ☐ Working in two batches so as not to crowd the pan, add the cubed butternut squash to the pan. Toss to coat all sides with oil.
- ☐ Sprinkle a little salt over the squash. Then spread out in an even layer and let cook, stirring only occasionally, so that the edges and sides get lightly browned.
- ☐ You may need to adjust the heat up to ensure browning, or down to prevent burning or drying out.
- ☐ Add more oil and butter for the additional batches.
- ☐ Remove from pan and set aside.
- ☐ Sauté the onions, spices, ginger:
- ☐ Heat another tablespoon of olive oil in the pot, on medium heat.
- ☐ Add the chopped onions and cook, stirring now and then, until softened.

- ☐ Add the curry powder, mustard seeds, cumin, and fresh ginger, and cook for a minute or so longer. Use a flat bottomed wooden or metal spatula to scrape up any browned bits.
- ☐ Add the squash, stock, salt, then simmer: Return the butternut squash to the pot.
- ☐ Add the chicken stock and a teaspoon of salt. Increase the heat to bring to a simmer, then lower the heat to maintain a low simmer, cover the pot. Cook for 40 minutes until squash is completely tender.
- ☐ Purée the soup: Use an immersion blender (or a stand up blender in which case work in batches) to blend the soup smooth.
- ☐ Add more salt to taste if needed.
- ☐ Serve in individual bowls with a dollop of sour cream and some chopped cilantro.

## Nutrition Facts



## Properties

Glycemic Index:38.25, Glycemic Load:1.11, Inflammation Score:-10, Nutrition Score:23.966521743199%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

## Nutrients (% of daily need)

Calories: 363.22kcal (18.16%), Fat: 19.55g (30.07%), Saturated Fat: 4.09g (25.56%), Carbohydrates: 41.1g (13.7%), Net Carbohydrates: 35.44g (12.89%), Sugar: 11.9g (13.23%), Cholesterol: 13.87mg (4.62%), Sodium: 1153.03mg (50.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.16g (20.31%), Vitamin A: 24258.61IU (485.17%), Vitamin C: 51.56mg (62.5%), Vitamin E: 5.69mg (37.95%), Potassium: 1189.2mg (33.98%), Vitamin B3: 6.67mg (33.37%), Manganese: 0.58mg (29.07%), Vitamin B6: 0.57mg (28.47%), Magnesium: 100.5mg (25.12%), Vitamin B1: 0.35mg (23.08%), Fiber: 5.66g (22.62%), Folate: 85.73µg (21.43%), Phosphorus: 189.86mg (18.99%), Vitamin B2: 0.31mg (18.27%), Calcium: 172.05mg (17.21%), Copper: 0.33mg (16.53%), Iron: 2.81mg (15.59%), Vitamin K: 15.84µg (15.09%), Selenium: 8.54µg (12.19%), Vitamin B5: 1.09mg (10.87%), Zinc: 1.02mg (6.78%), Vitamin B12: 0.12µg (1.92%)