



Curried Butternut Squash Soup with Crab

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



85 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 pounds butternut squash peeled cut into 1-inch chunks
- ☐ 1 cup celery chopped
- ☐ 0.5 pound surimi crab sticks shelled cooked
- ☐ 3 tablespoons curry powder
- ☐ 1 bay leaf dried
- ☐ 0.5 cup cooking sherry dry
- ☐ 6 cups fat-skimmed chicken broth

- ☐ 2 tablespoons ginger fresh minced
- ☐ 2 granny smith apples peeled coarsely chopped (1 lb total)
- ☐ 2 onions peeled chopped (1 lb. total)
- ☐ 0.5 teaspoon pepper
- ☐ 16 servings salt
- ☐ 0.3 cup tomato paste

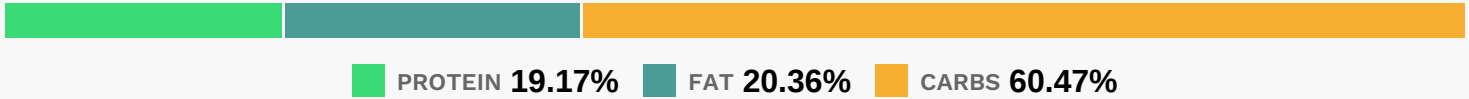
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ sieve
- ☐ blender

Directions

- ☐ In a 5- to 6- quart pan over high heat, stir onions and celery in butter until limp, about 5 minutes.
- ☐ Add tomato paste and curry powder, and stir 1 minute longer.
- ☐ Add squash, apples, broth, 4 cups water, ginger, bay leaf, cloves, and pepper. Stirring often, bring to a boil; cover, reduce heat, and simmer, stirring occasionally, until squash mashes easily, 30 to 40 minutes.
- ☐ Remove and discard bay leaf and cloves. In a blender or food processor, whirl squash mixture, a portion at a time, until smooth.
- ☐ Pour pure through a fine strainer back into pan.
- ☐ Add sherry and stir over medium heat until just steaming, about 2 minutes.
- ☐ Meanwhile, remove any bits of shell from crab.
- ☐ Ladle soup into wide bowls. Mound equal portions of crab in the center of each bowl.
- ☐ Garnish with bell pepper, if desired.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:15.81, Glycemic Load:1.49, Inflammation Score:-10, Nutrition Score:12.030000012854%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 85.49kcal (4.27%), Fat: 1.97g (3.03%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 10.59g (3.85%), Sugar: 5.03g (5.59%), Cholesterol: 17.51mg (5.84%), Sodium: 674.53mg (29.33%), Alcohol: 0.77g (100%), Alcohol %: 0.46% (100%), Protein: 4.18g (8.36%), Vitamin A: 6186.28IU (123.73%), Vitamin C: 15.71mg (19.04%), Selenium: 8.78µg (12.54%), Manganese: 0.25mg (12.35%), Potassium: 391.81mg (11.19%), Vitamin B12: 0.65µg (10.75%), Vitamin E: 1.61mg (10.7%), Copper: 0.21mg (10.67%), Fiber: 2.59g (10.36%), Vitamin B6: 0.18mg (8.96%), Vitamin B3: 1.78mg (8.92%), Magnesium: 34.3mg (8.57%), Phosphorus: 78.75mg (7.87%), Folate: 31.43µg (7.86%), Iron: 1.15mg (6.37%), Calcium: 59.11mg (5.91%), Vitamin B1: 0.08mg (5.57%), Vitamin B5: 0.53mg (5.3%), Zinc: 0.77mg (5.13%), Vitamin K: 4.92µg (4.68%), Vitamin B2: 0.07mg (3.95%)