



Curried Butternut Squash Soup with Lime Cream

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



159 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 butternut squash halved seeded
- ☐ 1 teaspoon curry powder
- ☐ 1 teaspoon garlic powder
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 tablespoon juice of lime
- ☐ 1 lime zest
- ☐ 1 teaspoon onion powder

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 cups vegetable broth

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper or aluminum foil.
- ☐ Place butternut squash, cut-side up, on the prepared baking sheet. Coat the cut sides with olive oil; season with salt and pepper.
- ☐ Bake in the preheated oven until butternut squash is tender when pierced with a fork, 45 minutes to 1 hour.
- ☐ Remove squash from oven and cool slightly, about 10 minutes.
- ☐ Scoop flesh from roasted butternut squash and transfer to a saucepan; add broth, garlic powder, onion powder, curry powder, salt, and pepper. Bring squash mixture to a simmer until flavors blend, about 10 minutes.
- ☐ 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 soup is smooth.
- ☐ Whisk sour cream, lime juice, and lime zest together in a bowl until lime cream is evenly mixed.
- ☐ Serve soup in bowls; top with a dollop of lime cream.

Nutrition Facts



 **PROTEIN 6.68%**  **FAT 29.87%**  **CARBS 63.45%**

Properties

Glycemic Index:29.75, Glycemic Load:1.13, Inflammation Score:-10, Nutrition Score:16.298695543538%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 159.2kcal (7.96%), Fat: 5.88g (9.05%), Saturated Fat: 2.96g (18.52%), Carbohydrates: 28.12g (9.37%), Net Carbohydrates: 23.56g (8.57%), Sugar: 6.52g (7.24%), Cholesterol: 16.96mg (5.65%), Sodium: 487.92mg (21.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin A: 20376.37IU (407.53%), Vitamin C: 45.82mg (55.53%), Manganese: 0.43mg (21.6%), Potassium: 740.33mg (21.15%), Vitamin E: 2.97mg (19.81%), Fiber: 4.57g (18.28%), Magnesium: 70.51mg (17.63%), Vitamin B6: 0.33mg (16.56%), Folate: 55.52µg (13.88%), Vitamin B1: 0.21mg (13.74%), Calcium: 130.44mg (13.04%), Vitamin B3: 2.34mg (11.71%), Phosphorus: 93.88mg (9.39%), Iron: 1.66mg (9.2%), Vitamin B5: 0.9mg (8.98%), Copper: 0.16mg (8.22%), Vitamin B2: 0.09mg (5.46%), Selenium: 2.41µg (3.45%), Vitamin K: 3.3µg (3.15%), Zinc: 0.46mg (3.08%), Vitamin B12: 0.06µg (1.01%)