



## Curried Calabaza Soup

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



304 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 4 pounds acorn squash peeled cut into 1-inch cubes
- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup celery diced
- ☐ 1 quart chicken stock see
- ☐ 2 tablespoons curry powder
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 2 garlic cloves crushed

- ☐ 2 cups heavy cream
- ☐ 0.3 cup olive oil ( 5 slices bacon)
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion diced
- ☐ 1 tablespoon curry paste red
- ☐ 1 teaspoon salt
- ☐ 12 servings salt
- ☐ 12 servings garnish: almonds and sunflower sprouts toasted
- ☐ 12 servings bell pepper white

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ aluminum foil

## Directions

- ☐ Combine first 4 ingredients on a foil-lined jelly-roll pan.
- ☐ Bake at 400 for 30 minutes or until squash is tender. Set aside.
- ☐ Saut next 3 ingredients in bacon drippings in a large skillet until tender. Stir in curry powder; toast 30 seconds.
- ☐ Add calabaza, curry paste, thyme, and bay leaf; stir to combine.
- ☐ Add stock and cream; bring to a boil. Cover, reduce heat, and simmer 30 minutes.
- ☐ Puree mixture in a blender, pour through a wire-mesh strainer, and press with the back of a spoon. Season with salt and white pepper to taste.
- ☐ Garnish, if desired.

## Nutrition Facts



 **PROTEIN 6.11%**  **FAT 65.17%**  **CARBS 28.72%**

Properties

Glycemic Index:10.5, Glycemic Load:0.23, Inflammation Score:-8, Nutrition Score:11.379565249319%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 303.81kcal (15.19%), Fat: 23g (35.39%), Saturated Fat: 11.74g (73.35%), Carbohydrates: 22.81g (7.6%), Net Carbohydrates: 19.36g (7.04%), Sugar: 2.87g (3.19%), Cholesterol: 51.87mg (17.29%), Sodium: 527.49mg (22.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.71%), Vitamin A: 1371.89IU (27.44%), Vitamin C: 18.51mg (22.44%), Manganese: 0.43mg (21.26%), Potassium: 686.99mg (19.63%), Vitamin B1: 0.26mg (17.06%), Vitamin B6: 0.33mg (16.34%), Magnesium: 60.35mg (15.09%), Fiber: 3.44g (13.77%), Vitamin B3: 2.4mg (12%), Iron: 2.14mg (11.88%), Phosphorus: 109.84mg (10.98%), Vitamin B2: 0.17mg (9.85%), Calcium: 97.46mg (9.75%), Folate: 36.14µg (9.04%), Copper: 0.18mg (8.98%), Vitamin B5: 0.73mg (7.29%), Vitamin K: 7.38µg (7.03%), Vitamin E: 1mg (6.65%), Selenium: 4.05µg (5.78%), Vitamin D: 0.76µg (5.05%), Zinc: 0.5mg (3.36%), Vitamin B12: 0.06µg (1.06%)