



Curried Harvest Bisque

READY IN



45 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 pound butternut squash peeled cut into 1-inch cubes
- ☐ 5 cups chicken broth
- ☐ 1 teaspoon curry powder
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 cup half-and-half
- ☐ 4 servings garnish: ham diced
- ☐ 1 tablespoon juice of lime
- ☐ 0.5 teaspoon salt

☐ 0.3 teaspoon pepper white

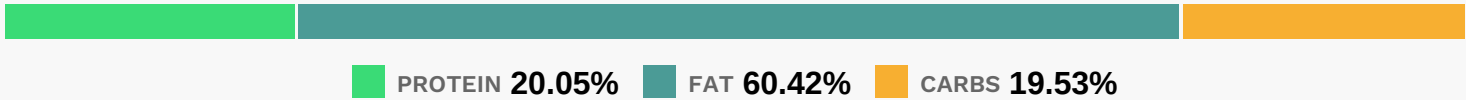
Equipment

- ☐ pot
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Combine squash and broth in a heavy 4-quart stockpot. Cook over medium heat until squash is tender, about 15 minutes. Using a slotted spoon, transfer squash to a blender; puree until smooth. Stir broth back into pureed squash; set aside.
- ☐ Melt butter in stockpot; stir in flour and curry powder. Cook over medium heat, stirring until smooth.
- ☐ Add squash mixture; increase heat to medium-high and stir until soup thickens slightly. Reduce heat to low; add remaining ingredients and heat through without boiling.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:4.32, Inflammation Score:-10, Nutrition Score:22.678260834321%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 467.74kcal (23.39%), Fat: 31.86g (49.02%), Saturated Fat: 15.65g (97.82%), Carbohydrates: 23.16g (7.72%), Net Carbohydrates: 20.47g (7.44%), Sugar: 5.74g (6.38%), Cholesterol: 104.96mg (34.99%), Sodium: 2513.39mg (109.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.79g (47.58%), Vitamin A: 12582.07IU (251.64%), Vitamin B1: 0.76mg (50.92%), Selenium: 25.37µg (36.25%), Vitamin B3: 6.34mg (31.68%), Vitamin C: 25.43mg (30.82%), Vitamin B2: 0.52mg (30.44%), Phosphorus: 288.51mg (28.85%), Vitamin B6: 0.53mg (26.57%),

Manganese: 0.46mg (22.9%), Potassium: 779.05mg (22.26%), Vitamin E: 2.62mg (17.48%), Zinc: 2.62mg (17.45%), Magnesium: 65.87mg (16.47%), Calcium: 128.69mg (12.87%), Iron: 2.3mg (12.77%), Folate: 50.41µg (12.6%), Vitamin B12: 0.71µg (11.88%), Copper: 0.22mg (10.9%), Fiber: 2.69g (10.77%), Vitamin B5: 1.05mg (10.54%), Vitamin D: 0.6µg (3.97%), Vitamin K: 3.38µg (3.21%)