



Curried Peanut-Squash Soup

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



361 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups brown basmati rice cooked
- 2 cups butternut squash peeled chopped
- 1 cup carrots shredded
- 6 tablespoons creamy peanut butter
- 1 tablespoon curry powder
- 4 cups less-sodium chicken broth fat-free
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves minced

- 0.8 cup green onions sliced
- 1.5 teaspoons ground cumin
- 0.3 teaspoon ground pepper red
- 6 lime wedges
- 2 cups thinly onion vertically sliced
- 1 cup peas green frozen thawed
- 0.8 teaspoon salt divided

Equipment

- frying pan
- dutch oven

Directions

- Heat a large Dutch oven over medium heat. Coat pan with cooking spray.
- Add onion; cook 6 minutes or until tender, stirring occasionally. Stir in curry powder, cumin, 1/2 teaspoon salt, pepper, and garlic. Cook 1 minute, stirring constantly.
- Add broth, squash, and carrot; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until squash is tender. Stir in peas; cook, uncovered, 1 minute. Stir in rice, sliced green onions, peanut butter, cilantro, and remaining 1/4 teaspoon salt. Cook 1 minute or until thoroughly heated.
- Serve with lime wedges; garnish with green onion strips, if desired.

Nutrition Facts



■ PROTEIN **11.88%** ■ FAT **24.55%** ■ CARBS **63.57%**

Properties

Glycemic Index:59.82, Glycemic Load:24.17, Inflammation Score:-10, Nutrition Score:26.661304411681%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.67mg,

Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.65mg, Quercetin: 12.65mg, Quercetin: 12.65mg, Quercetin: 12.65mg

Nutrients (% of daily need)

Calories: 360.61kcal (18.03%), Fat: 10.29g (15.82%), Saturated Fat: 1.97g (12.3%), Carbohydrates: 59.93g (19.98%), Net Carbohydrates: 52.46g (19.08%), Sugar: 8.24g (9.15%), Cholesterol: 0mg (0%), Sodium: 1004.33mg (43.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.2g (22.4%), Vitamin A: 8940.14IU (178.8%), Manganese: 2.42mg (121.24%), Vitamin C: 32.97mg (39.96%), Vitamin K: 38.74µg (36.9%), Magnesium: 136.72mg (34.18%), Vitamin B3: 6.54mg (32.68%), Fiber: 7.47g (29.89%), Vitamin B6: 0.58mg (29.23%), Phosphorus: 276.66mg (27.67%), Vitamin B1: 0.4mg (26.61%), Potassium: 718.76mg (20.54%), Folate: 78.83µg (19.71%), Copper: 0.37mg (18.68%), Vitamin E: 2.7mg (18%), Iron: 3.16mg (17.56%), Vitamin B5: 1.45mg (14.54%), Zinc: 2.06mg (13.72%), Calcium: 104.25mg (10.43%), Vitamin B2: 0.17mg (10.1%), Selenium: 5.44µg (7.77%), Vitamin B12: 0.3µg (5.04%)