



Curried Roasted Squash Soup

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



219 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2.5 lbs butternut squash
- ☐ 0.3 tsp cayenne
- ☐ 3 cups chicken broth
- ☐ 2 teaspoons curry powder
- ☐ 1 large onion unpeeled cut in half
- ☐ 4 tbsp yogurt plain
- ☐ 1 teaspoon salt

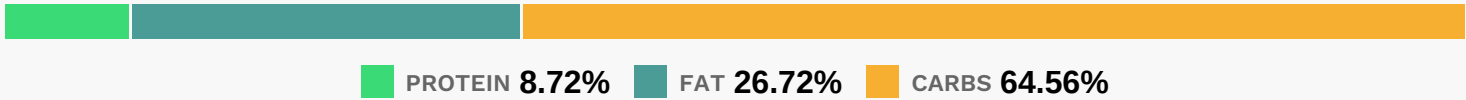
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cut squash in half lengthwise with large heavy knife (use a hammer or flat mallet to help drive the blade through). Scoop out seeds.
- ☐ Mix butter and curry powder and brush over cut surfaces of squash and onion. Put squash and onion, cut sides down, on a rimmed baking pan.
- ☐ Bake until soft when pressed, about 1 hour.
- ☐ Scoop flesh out of squash and remove skin from onion. Chop onion. Pure squash and onion, in batches and holding lid down with a towel, with 3 cups broth and any juices from baking pan.
- ☐ Pour into a large pot and thin with more broth if you like.
- ☐ Add salt and cayenne, and cook, stirring, over medium-high heat until hot.
- ☐ Divide among serving bowls and top each bowl with about 1 tbsp. yogurt.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:0.98, Inflammation Score:-10, Nutrition Score:22.569565270258%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg,

Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 219.15kcal (10.96%), Fat: 7.18g (11.04%), Saturated Fat: 4.14g (25.88%), Carbohydrates: 39g (13%), Net Carbohydrates: 32.33g (11.76%), Sugar: 9.56g (10.62%), Cholesterol: 21.17mg (7.06%), Sodium: 1302.86mg (56.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Vitamin A: 30391.22IU (607.82%), Vitamin C: 62.61mg (75.89%), Manganese: 0.75mg (37.48%), Potassium: 1134.87mg (32.42%), Vitamin E: 4.59mg (30.59%), Magnesium: 107.17mg (26.79%), Fiber: 6.67g (26.68%), Vitamin B6: 0.5mg (25.12%), Vitamin B1: 0.35mg (23.12%), Folate: 86.94µg (21.73%), Vitamin B3: 3.89mg (19.47%), Calcium: 182.94mg (18.29%), Iron: 2.51mg (13.93%), Phosphorus: 135.98mg (13.6%), Vitamin B5: 1.28mg (12.81%), Copper: 0.26mg (12.8%), Vitamin B2: 0.21mg (12.08%), Zinc: 0.78mg (5.21%), Vitamin K: 4.89µg (4.65%), Selenium: 3µg (4.29%), Vitamin B12: 0.12µg (2.02%)