



Curried Squash and Apple Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



92 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups apples diced peeled (2 medium)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 pounds butternut squash cubed peeled
- ☐ 1 teaspoon curry powder red
- ☐ 1.5 teaspoons ginger fresh grated peeled
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 3 cups lower-sodium chicken broth fat-free

- ☐ 2 cups onion chopped (1 large)
- ☐ 0.5 teaspoon salt

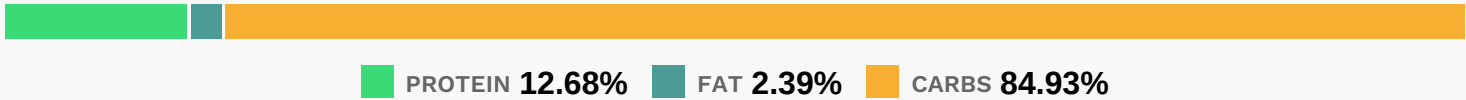
Equipment

- ☐ bowl
- ☐ blender
- ☐ slow cooker

Directions

- ☐ Combine all ingredients in an electric slow cooker. Cover and cook on low for 8 hours or until squash is tender.
- ☐ Place half of squash mixture in a blender, and process until smooth.
- ☐ Pour pureed mixture into a large bowl. Repeat the procedure with remaining squash mixture.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:2.06, Inflammation Score:-10, Nutrition Score:12.430869558583%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg

Nutrients (% of daily need)

Calories: 91.82kcal (4.59%), Fat: 0.27g (0.42%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 21.91g (7.3%), Net Carbohydrates: 18.03g (6.55%), Sugar: 7.46g (8.29%), Cholesterol: 0mg (0%), Sodium: 317.16mg (13.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.55%), Vitamin A: 12075.11IU (241.5%), Vitamin C: 28.52mg

(34.57%), Potassium: 682.7mg (19.51%), Manganese: 0.33mg (16.72%), Fiber: 3.89g (15.55%), Vitamin B6: 0.25mg (12.43%), Vitamin E: 1.75mg (11.7%), Magnesium: 45.73mg (11.43%), Folate: 39.63µg (9.91%), Vitamin B1: 0.14mg (9.32%), Vitamin B3: 1.46mg (7.28%), Calcium: 69.65mg (6.96%), Iron: 1.04mg (5.77%), Copper: 0.11mg (5.69%), Phosphorus: 55.32mg (5.53%), Vitamin B5: 0.53mg (5.29%), Vitamin B2: 0.04mg (2.58%), Vitamin K: 2.56µg (2.44%), Zinc: 0.28mg (1.86%), Selenium: 0.96µg (1.37%)