



Curried Squash-and-Pear Bisque

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small purée of usa bartlett pear cored thinly sliced
- ☐ 1 pound purée of usa bartlett pear peeled chopped
- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 2.8 pounds butternut squash
- ☐ 2.5 teaspoons curry powder
- ☐ 0.5 cup half-and-half
- ☐ 1.5 cups onion thinly sliced

- ☐ 1 cup pear nectar
- ☐ 0.5 teaspoon salt
- ☐ 29 ounce vegetable broth canned
- ☐ 2.3 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Cut squash in half lengthwise; discard seeds and membrane.
- ☐ Place squash halves, cut sides down, on a baking sheet; bake at 375 for 45 minutes or until tender. Cool. Peel squash; mash pulp. Set aside 3 1/2 cups pulp, reserving remaining squash for another use.
- ☐ Melt butter in a large Dutch oven over medium-high heat.
- ☐ Add chopped pear and onion; saut 10 minutes or until lightly browned.
- ☐ Add squash pulp, water, and next 5 ingredients (water through pepper). Bring to a boil; partially cover, reduce heat, and simmer 40 minutes.
- ☐ Place one-third of squash mixture in a blender; process until smooth.
- ☐ Pour pured mixture into a large bowl; repeat procedure with remaining squash mixture. Return squash mixture to pan; stir in half-and-half. Cook over low heat 3 minutes or until thoroughly heated. Ladle soup into bowls, and garnish with pear slices.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:4.92, Inflammation Score:-10, Nutrition Score:15.832173990167%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 188.21kcal (9.41%), Fat: 3.56g (5.47%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 39.68g (13.23%), Net Carbohydrates: 33.3g (12.11%), Sugar: 18.3g (20.34%), Cholesterol: 9.06mg (3.02%), Sodium: 590.11mg (25.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin A: 16919.16IU (338.38%), Vitamin C: 38.85mg (47.09%), Fiber: 6.38g (25.51%), Manganese: 0.42mg (21.12%), Potassium: 703.64mg (20.1%), Vitamin E: 2.57mg (17.16%), Magnesium: 65.38mg (16.34%), Vitamin B6: 0.32mg (15.75%), Folate: 54.13µg (13.53%), Vitamin B1: 0.19mg (12.38%), Calcium: 112.01mg (11.2%), Copper: 0.22mg (11.1%), Vitamin B3: 2.11mg (10.55%), Iron: 1.58mg (8.76%), Phosphorus: 86.44mg (8.64%), Vitamin B5: 0.75mg (7.45%), Vitamin K: 6.27µg (5.97%), Vitamin B2: 0.09mg (5.58%), Zinc: 0.46mg (3.07%), Selenium: 1.62µg (2.31%)