



Curried-Squash and Red-Lentil Soup

 Vegetarian  Gluten Free

READY IN



1500 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings basmati rice cooked
- ☐ 1.5 pound butternut squash peeled cut into 1/2-inch pieces
- ☐ 1 carrots chopped
- ☐ 1 rib celery stalks chopped
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 1 tablespoon curry powder (preferably Madras)
- ☐ 2 garlic clove minced
- ☐ 2 tablespoons ginger minced peeled

- ☐ 1 teaspoon juice of lemon fresh to taste
- ☐ 1 large onion chopped
- ☐ 1 cup lentils red picked over rinsed
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 cup vegetable oil
- ☐ 2 quarts water

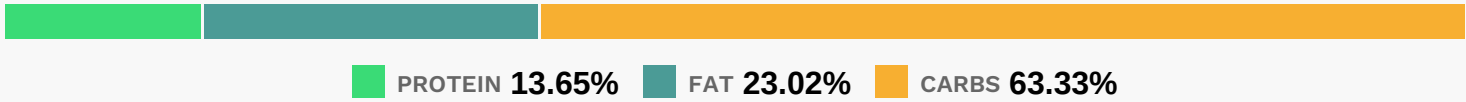
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Heat oil with butter in a large heavy pot over medium heat until foam subsides, then cook squash, onion, carrot, celery, garlic, ginger, and 1 teaspoon salt, stirring occasionally, until vegetables are softened and beginning to brown, 15 to 20 minutes.
- ☐ Stir in curry powder and 1/4 teaspoon pepper and cook, stirring frequently, 2 minutes.
- ☐ Add lentils and water and simmer, covered, until lentils are tender, 25 to 40 minutes. Stir in lemon juice and season with salt and pepper.
- ☐ Purée cilantro, oil, and 1/2 teaspoon salt in a blender.
- ☐ Serve soup drizzled with cilantro oil.
- ☐ Soup, without cilantro oil, can be made 3 days ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:80.36, Glycemic Load:28.69, Inflammation Score:-10, Nutrition Score:33.005217236669%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin:

0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 468.39kcal (23.42%), Fat: 12.32g (18.96%), Saturated Fat: 4.66g (29.11%), Carbohydrates: 76.3g (25.43%), Net Carbohydrates: 57.13g (20.77%), Sugar: 7.18g (7.98%), Cholesterol: 15.05mg (5.02%), Sodium: 49.37mg (2.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.45g (32.9%), Vitamin A: 20973.3IU (419.47%), Fiber: 19.17g (76.68%), Manganese: 1.49mg (74.59%), Folate: 278.4µg (69.6%), Vitamin C: 43.22mg (52.39%), Vitamin B1: 0.62mg (41.05%), Potassium: 1217.41mg (34.78%), Magnesium: 138.98mg (34.74%), Vitamin B6: 0.69mg (34.49%), Phosphorus: 320.78mg (32.08%), Iron: 5.4mg (29.98%), Copper: 0.54mg (26.91%), Vitamin E: 3.81mg (25.4%), Vitamin K: 24.6µg (23.42%), Vitamin B5: 2.08mg (20.77%), Zinc: 3.05mg (20.32%), Vitamin B3: 3.84mg (19.19%), Selenium: 11.3µg (16.14%), Calcium: 156.24mg (15.62%), Vitamin B2: 0.17mg (10.07%)