



Curried Squash Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



105 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 1 clove garlic finely chopped
- 1.8 cups chicken broth reduced-sodium (from 32-oz carton)
- 0.3 cup apple juice
- 20 oz winter squash frozen organic thawed cascadian farm®
- 2 teaspoons curry powder
- 0.5 teaspoon coarse salt (kosher or sea salt)

0.3 cup frangelico

Equipment

sauce pan

Directions

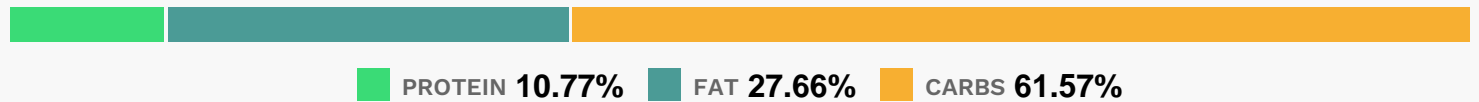
In 4-quart saucepan, heat oil over medium heat. Cook onion and garlic in oil 3 to 5 minutes, stirring frequently, until tender.

Stir in broth, apple juice, squash, curry powder and salt.

Heat to boiling, stirring occasionally. Simmer uncovered 5 minutes, stirring occasionally.

Stir in half-and-half. Cook 3 to 5 minutes, stirring occasionally, until hot (do not boil).

Nutrition Facts



Properties

Glycemic Index:20.55, Glycemic Load:0.96, Inflammation Score:-10, Nutrition Score:12.326086909875%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 104.6kcal (5.23%), Fat: 3.55g (5.47%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 17.81g (5.94%), Net Carbohydrates: 14.96g (5.44%), Sugar: 4.5g (5%), Cholesterol: 0mg (0%), Sodium: 263.57mg (11.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.23%), Vitamin A: 12062.6IU (241.25%), Vitamin C: 25.39mg (30.77%), Manganese: 0.3mg (15.19%), Potassium: 520.91mg (14.88%), Vitamin E: 2.22mg (14.78%), Vitamin B3: 2.55mg (12.76%), Fiber: 2.84g (11.37%), Vitamin B6: 0.22mg (11.05%), Magnesium: 43.79mg (10.95%), Folate: 34.91µg (8.73%), Vitamin B1: 0.13mg (8.44%), Phosphorus: 71.42mg (7.14%), Iron: 1.28mg (7.11%), Copper: 0.14mg (7%), Calcium: 67.49mg (6.75%), Vitamin B5: 0.48mg (4.83%), Vitamin K: 3.81µg (3.62%), Vitamin B2: 0.06mg (3.34%), Zinc: 0.32mg (2.15%), Vitamin B12: 0.08µg (1.38%), Selenium: 0.88µg (1.26%)