



Curried Squash Soup

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



120 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup apple juice
- 1.8 cups chicken broth reduced-sodium (from 32-oz carton)
- 0.5 teaspoon coarse salt (kosher or sea salt)
- 2 teaspoons curry powder
- 1 clove garlic finely chopped
- 0.3 cup half and half
- 1 tablespoon olive oil
- 0.5 cup onion chopped

20 oz winter squash frozen organic thawed cascadian farm®

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



PROTEIN 10.6% **FAT 33.78%** **CARBS 55.62%**

Properties

Glycemic Index:20.55, Glycemic Load:0.96, Inflammation Score:-10, Nutrition Score:12.649999960609%

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: 120.45kcal (6.02%), Fat: 4.95g (7.61%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 18.33g (6.11%), Net Carbohydrates: 15.48g (5.63%), Sugar: 5g (5.56%), Cholesterol: 4.24mg (1.41%), Sodium: 270.95mg (11.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.99%), Vitamin A: 12105.44IU (242.11%), Vitamin C: 25.5mg (30.9%), Potassium: 536.88mg (15.34%), Manganese: 0.3mg (15.2%), Vitamin E: 2.25mg (14.98%), Vitamin B3: 2.57mg (12.83%), Fiber: 2.84g (11.37%), Vitamin B6: 0.23mg (11.35%), Magnesium: 45mg (11.25%), Folate: 35.27µg (8.82%), Vitamin B1: 0.13mg (8.68%), Phosphorus: 82.91mg (8.29%), Calcium: 80.44mg (8.04%), Iron: 1.29mg (7.15%), Copper: 0.14mg (7.05%), Vitamin B5: 0.52mg (5.18%), Vitamin B2: 0.08mg (4.72%), Vitamin K: 3.96µg (3.77%), Zinc: 0.37mg (2.46%), Selenium: 1.27µg (1.81%), Vitamin B12: 0.11µg (1.76%)