



Curried Squash Soup with Apple and Cheddar Melts

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



991 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 4 servings butter softened for spreading
- 1 large butternut peeled deseeded sliced
- 2 carrots thinly sliced
- 4 servings scallions and cilantro chopped for garnish
- 2 slightly round tablespoons curry powder prepared
- 4 servings evoo for drizzling

- 1 gala crisp peeled chopped
- 1 gala crisp peeled thinly sliced
- 3 cloves garlic chopped
- 2 tablespoons honey
- 4 servings kosher salt and pepper black freshly ground
- 4 servings chutney such as patak's major gray mango chutney prepared
- 4 servings nutmeg freshly grated
- 1 onion chopped
- 12 ounces sharp cheddar shredded sliced
- 1 quart vegetable stock
- 8 slices bread white

Equipment

- food processor
- frying pan
- oven
- pot
- blender
- immersion blender

Directions

- Watch how to make this recipe.
- Cook's Note: For a substitute for curry powder, combine 2 teaspoons turmeric, 1 1/2 teaspoons each ground cumin and ground coriander, 1/2 teaspoon each ground mustard and ground ginger and 1/4 teaspoon each ground cinnamon and cayenne pepper. For the curried squash soup: Preheat the oven to 400 degrees F. Dress the squash with the EVOO to coat lightly.
- Sprinkle with salt, pepper and a little freshly grated nutmeg, and coat with the curry powder.
- Drizzle the honey all over and roast until golden on the edges and very tender, about 25 minutes. The spices will toast with the squash and fill the air with a terrific aroma. Meanwhile

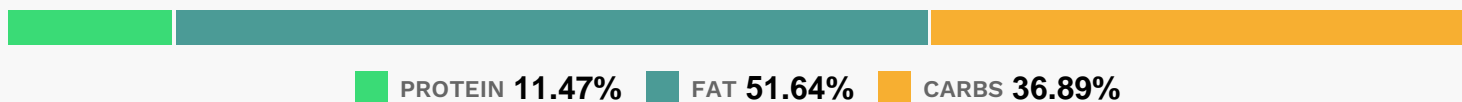
heat a drizzle of EVOO in a soup pot over medium to medium-high heat, and then add the butter to melt. Stir in the garlic, carrots, apples and onions and sprinkle with salt and pepper. Cook, partially covered, until softened, about 10 minutes.

Pour in the stock and a drizzle of honey (or chutney). Bring to a boil, reduce to a simmer and cook until the vegetables are softened, about 20 minutes.

Add the roasted squash and puree with an immersion blender, thinning the soup with water if necessary. The soup can alternately be pureed in batches in a food processor or high-power blender. Adjust the seasoning. Cool and store for a make-ahead meal, bringing to room temperature before reheating over a medium flame.

Spread each bread slice with softened butter on 1 side and chutney on the other. Fill the sandwiches, chutney sides-in, with the cheese and apples in the center. Griddle the sandwiches over medium heat until deeply golden and the cheese has melted.

Nutrition Facts



Properties

Glycemic Index:183.22, Glycemic Load:51.6, Inflammation Score:-10, Nutrition Score:37.953478336334%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 5.71mg, Luteolin: 5.71mg, Luteolin: 5.71mg, Luteolin: 5.71mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg

Nutrients (% of daily need)

Calories: 991.22kcal (49.56%), Fat: 58.7g (90.31%), Saturated Fat: 27.4g (171.24%), Carbohydrates: 94.38g (31.46%), Net Carbohydrates: 87.13g (31.68%), Sugar: 45.36g (50.4%), Cholesterol: 118.37mg (39.46%), Sodium: 1875.32mg (81.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.33g (58.65%), Vitamin A: 35847.65IU (716.95%), Calcium: 819.19mg (81.92%), Phosphorus: 641.88mg (64.19%), Vitamin B2: 0.95mg (55.74%), Selenium: 37.94µg

(54.2%), Vitamin C: 41.28mg (50.04%), Manganese: 0.99mg (49.35%), Vitamin E: 7.24mg (48.25%), Potassium: 1565.41mg (44.73%), Folate: 146.82µg (36.71%), Vitamin B1: 0.51mg (34.22%), Zinc: 4.95mg (32.97%), Copper: 0.63mg (31.38%), Iron: 5.28mg (29.31%), Fiber: 7.25g (29.02%), Vitamin B3: 4.97mg (24.83%), Magnesium: 95.23mg (23.81%), Vitamin B6: 0.47mg (23.44%), Vitamin K: 22.54µg (21.47%), Vitamin B5: 1.85mg (18.49%), Vitamin B12: 0.93µg (15.46%), Vitamin D: 0.51µg (3.4%)