



Curried Wild Rice and Squash Soup



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



359 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2.5 pounds butternut squash cubed peeled seeded
- ☐ 2.5 cups chicken broth
- ☐ 1.5 teaspoons curry powder
- ☐ 1 clove garlic finely chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 medium onion chopped
- ☐ 0.5 cup orange juice

- ☐ 1.3 teaspoons salt
- ☐ 3 cups water
- ☐ 1 cup rice wild uncooked

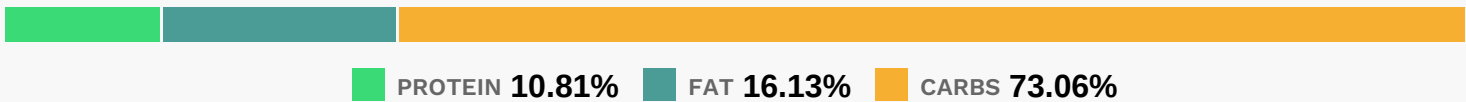
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ In a pot, bring the wild rice and water to a boil. Reduce heat to low, cover, and simmer 45 minutes.
- ☐ Place the squash in a medium pot with enough water to cover, and bring to a boil. Cook 15 minutes, or until tender.
- ☐ Drain, return to the pot, and mash.
- ☐ Mix in the chicken broth and orange juice.
- ☐ Melt the butter in a skillet over medium heat, and saute the onion and garlic until tender. Season with the curry powder. Reduce heat to low, and continue cooking about 12 minutes, stirring occasionally.
- ☐ In a blender or food processor, blend the squash and broth with the onion and garlic mixture until smooth. Return to the medium pot, mix in the cooked wild rice, and cook until heated through. Season with salt and pepper to serve.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:17.71, Inflammation Score:-10, Nutrition Score:29.930869784044%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 358.51kcal (17.93%), Fat: 6.91g (10.62%), Saturated Fat: 3.78g (23.62%), Carbohydrates: 70.39g (23.46%), Net Carbohydrates: 61.38g (22.32%), Sugar: 11.67g (12.97%), Cholesterol: 17.99mg (6%), Sodium: 1341.62mg (58.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.41g (20.83%), Vitamin A: 30392.39IU (607.85%), Vitamin C: 77.39mg (93.8%), Manganese: 1.29mg (64.51%), Magnesium: 179.27mg (44.82%), Potassium: 1317.02mg (37.63%), Fiber: 9.01g (36.03%), Vitamin B3: 6.61mg (33.05%), Vitamin B6: 0.66mg (32.86%), Folate: 130.5µg (32.62%), Vitamin E: 4.82mg (32.12%), Phosphorus: 291.71mg (29.17%), Vitamin B1: 0.4mg (26.99%), Copper: 0.5mg (25.04%), Zinc: 3.04mg (20.28%), Iron: 3.26mg (18.1%), Calcium: 173.59mg (17.36%), Vitamin B5: 1.69mg (16.85%), Vitamin B2: 0.27mg (15.92%), Vitamin K: 5.68µg (5.41%), Selenium: 3.61µg (5.16%)