



Curry Ginger Butternut Squash Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



142 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 cups butternut squash cubed peeled () (2 1/2 pounds)
- 2.5 cups celery root cubed peeled () (celery root; 1 to 1 1/2 pounds)
- 2 teaspoons curry powder
- 6 cups less-sodium chicken broth fat-free
- 2 teaspoons flat-leaf parsley fresh chopped
- 3 tablespoons ginger fresh peeled finely chopped
- 3 garlic cloves minced
- 0.5 cup yogurt plain low-fat

- 1 cup mirin (sweet (rice wine))
- 2 teaspoons orange juice concentrate (thawed)
- 0.5 teaspoon salt
- 1 teaspoon sriracha (such as Huy Fong) hot
- 2 teaspoons vegetable oil

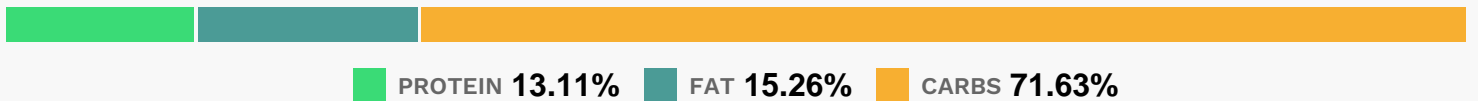
Equipment

- bowl
- sieve
- blender
- dutch oven

Directions

- Heat oil in a Dutch oven over medium-high heat.
- Add ginger and garlic; saut 90 seconds.
- Add curry; cook 15 seconds, stirring constantly.
- Add mirin; cook until liquid is reduced to 1/2 cup (about 4 minutes).
- Add squash, broth, and celeriac; bring to a boil. Reduce heat, and simmer 15 minutes or until tender.
- Place one-fourth of squash mixture in a blender; process until smooth.
- Pour pureed squash mixture through a sieve over a large bowl, reserving liquid; discard solids. Repeat procedure in 3 more batches with remaining squash mixture. Stir in orange juice concentrate, Sriracha, and salt. Dollop 1 tablespoon yogurt over each serving; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:1.44, Inflammation Score:-10, Nutrition Score:15.59695643964%

Flavonoids

Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 141.62kcal (7.08%), Fat: 2g (3.08%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 21.15g (7.05%), Net Carbohydrates: 17.92g (6.51%), Sugar: 4.87g (5.41%), Cholesterol: 0.92mg (0.31%), Sodium: 920.04mg (40%), Alcohol: 4.83g (100%), Alcohol %: 1.62% (100%), Protein: 3.87g (7.74%), Vitamin A: 11181.93IU (223.64%), Vitamin C: 28.81mg (34.92%), Vitamin K: 24.19µg (23.04%), Potassium: 642.02mg (18.34%), Manganese: 0.36mg (17.8%), Vitamin B6: 0.3mg (15.07%), Phosphorus: 138.47mg (13.85%), Magnesium: 54.71mg (13.68%), Vitamin B3: 2.63mg (13.14%), Fiber: 3.23g (12.94%), Vitamin E: 1.91mg (12.73%), Calcium: 113.17mg (11.32%), Vitamin B1: 0.16mg (10.39%), Folate: 37.75µg (9.44%), Vitamin B5: 0.91mg (9.06%), Iron: 1.55mg (8.61%), Selenium: 5.81µg (8.29%), Copper: 0.16mg (8.06%), Vitamin B2: 0.12mg (7.35%), Vitamin B12: 0.43µg (7.1%), Zinc: 0.54mg (3.6%)