



## Gingered Butternut Squash Soup

 Vegetarian  Gluten Free

READY IN



122 min.

SERVINGS



5

CALORIES



318 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons butter
- 4.5 pounds butternut squash
- 0.5 teaspoon curry powder
- 1 cup half-and-half fat-free
- 28 ounce less-sodium chicken broth fat-free divided canned
- 1 tablespoon ginger fresh minced peeled
- 1 teaspoon ground coriander
- 0.1 teaspoon ground pepper red

- 1.5 tablespoons honey
- 1.5 cups onion chopped ( 1 large)
- 1 cup pears cored peeled chopped ( 1 large)
- 0.3 teaspoon salt

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- sieve
- blender
- aluminum foil
- dutch oven

## Directions

- Preheat oven to 37
- Cut squash in half lengthwise.
- Remove seeds. Reserve seeds for toasting.
- Place squash, cut sides down, on a jelly roll pan coated with cooking spray.
- Bake at 375 for 50 minutes or until skin pierces easily with a fork. Scoop out pulp; set aside.  
Reduce oven temperature to 32
- To toast seeds, rinse seeds and pat dry.
- Place on a foil-lined baking sheet coated with cooking spray.
- Bake at 325 for 15 minutes or until crisp and lightly browned, stirring every 5 minutes.
- Melt butter in a Dutch oven over medium- high heat.
- Add onion, pear, and ginger. Saut 10 minutes or until tender.
- Add squash pulp and 1 can broth. Bring to a boil. Reduce heat; simmer, uncovered, 10 minutes.

- Place mixture in a blender or food processor. Process in batches until smooth.
- Pour mixture through a strainer into a bowl, pressing with the back of a spoon.
- Return soup to Dutch oven.
- Add 1 can broth, half-and-half, and next 5 ingredients. Cook over medium heat until thoroughly heated, stirring often. Spoon into serving bowls, and top with toasted seeds.

## Nutrition Facts

**PROTEIN 7.93%**

**FAT 15.56%**

**CARBS 76.51%**

### Properties

Glycemic Index:43.6, Glycemic Load:5.17, Inflammation Score:-10, Nutrition Score:30.819130482881%

### Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.5mg, Isorhamnetin: 2.5mg, Isorhamnetin: 2.5mg, Isorhamnetin: 2.5mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.01mg, Quercetin: 10.01mg, Quercetin: 10.01mg, Quercetin: 10.01mg

### Nutrients (% of daily need)

Calories: 317.88kcal (15.89%), Fat: 6.09g (9.37%), Saturated Fat: 3.4g (21.26%), Carbohydrates: 67.38g (22.46%), Net Carbohydrates: 57.11g (20.77%), Sugar: 21.96g (24.4%), Cholesterol: 14.4mg (4.8%), Sodium: 868.06mg (37.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.97%), Vitamin A: 43587.21IU (871.74%), Vitamin C: 91.24mg (110.6%), Potassium: 1708.89mg (48.83%), Manganese: 0.95mg (47.31%), Fiber: 10.27g (41.07%), Vitamin E: 6.14mg (40.92%), Magnesium: 157.74mg (39.43%), Vitamin B6: 0.75mg (37.73%), Vitamin B1: 0.47mg (31.6%), Folate: 125.88µg (31.47%), Vitamin B3: 5.99mg (29.95%), Calcium: 267.44mg (26.74%), Phosphorus: 245.79mg (24.58%), Vitamin B5: 2.13mg (21.28%), Copper: 0.39mg (19.4%), Iron: 3.4mg (18.91%), Vitamin B2: 0.26mg (15.01%), Selenium: 7.43µg (10.62%), Vitamin B12: 0.57µg (9.54%), Zinc: 1.19mg (7.95%), Vitamin K: 6.83µg (6.5%)