



Indian roasted butternut squash soup with seeded naan



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



395 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 kg butternut squash cut into chunks
- ☐ 2 carrots chopped
- ☐ 3 tbsp miso
- ☐ 1 small cilantro leaves separated chopped
- ☐ 1 large onion chopped
- ☐ 1.2 l vegetable stock
- ☐ 0.5 lite coconut milk reduced-fat canned

- ☐ 2 naan breads reduced-fat
- ☐ 2 tsp garlic infused olive oil
- ☐ 2 tsp poppy seeds

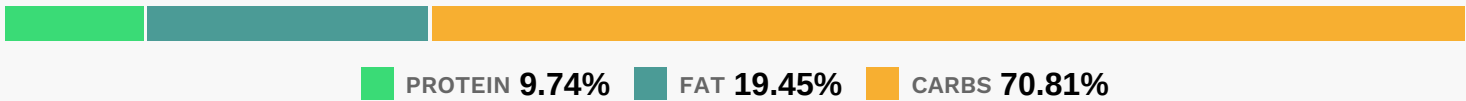
Equipment

- ☐ oven
- ☐ immersion blender

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the veg with 2 tbsp curry paste and the coriander stalks, then season. Divide between 2 trays lined with baking parchment and roast for 20 mins. Turn the veg, then swap the trays around in the oven and cook for a further 15 mins.
- ☐ Heat the rest of the curry paste with a splash of water, add the onion and cook until soft.
- ☐ Add the roasted veg and stock, and simmer until the veg is tender.
- ☐ Add the coriander leaves and blitz with a hand blender. Return to the heat, add the coconut milk and warm through.
- ☐ Brush the naan breads with garlic oil, sprinkle with seeds and bake for 3 mins.
- ☐ Serve alongside the soup.

Nutrition Facts



Properties

Glycemic Index:54.21, Glycemic Load:5.02, Inflammation Score:-10, Nutrition Score:22.398695672984%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg

Nutrients (% of daily need)

Calories: 394.85kcal (19.74%), Fat: 8.87g (13.64%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 72.63g (24.21%),
Net Carbohydrates: 64.17g (23.34%), Sugar: 13.89g (15.43%), Cholesterol: 4.96mg (1.65%), Sodium: 2124.27mg
(92.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.98%), Vitamin A: 32350.62IU (647.01%),
Vitamin C: 57.22mg (69.36%), Manganese: 0.8mg (40.13%), Fiber: 8.46g (33.84%), Potassium: 1071.82mg (30.62%),
Vitamin E: 4.17mg (27.81%), Magnesium: 103.52mg (25.88%), Vitamin B6: 0.5mg (25.08%), Folate: 84.3µg (21.08%),
Vitamin B1: 0.31mg (20.81%), Calcium: 205.82mg (20.58%), Vitamin B3: 3.48mg (17.38%), Copper: 0.29mg (14.29%),
Phosphorus: 136.74mg (13.67%), Iron: 2.4mg (13.31%), Vitamin K: 13.57µg (12.92%), Vitamin B5: 1.18mg (11.8%),
Vitamin B2: 0.11mg (6.45%), Zinc: 0.95mg (6.34%), Selenium: 2.55µg (3.65%)