



Indian-Spiced Roasted Squash Soup

 Gluten Free

READY IN



63 min.

SERVINGS



6

CALORIES



140 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce acorn squash quartered
- ☐ 0.5 teaspoon pepper black
- ☐ 1 pound butternut squash peeled cut into (1/2-inch) cubes
- ☐ 8 ounces carrots chopped
- ☐ 1 teaspoon curry powder
- ☐ 0.5 teaspoon garam masala
- ☐ 4 garlic clove peeled
- ☐ 6 tablespoons greek yogurt

- ☐ 0.3 teaspoon ground pepper red
- ☐ 6 teaspoons honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 28 ounce beef broth fat-free canned
- ☐ 1 tablespoon olive oil
- ☐ 2 cups water
- ☐ 1 cup onion yellow chopped

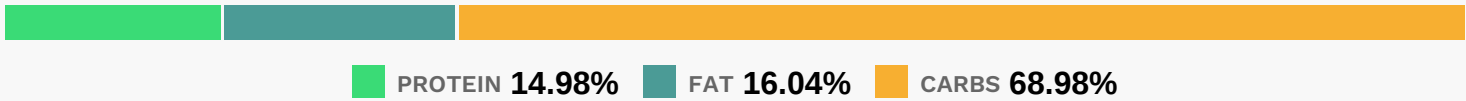
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 50
- ☐ Arrange the first 5 ingredients on a jelly-roll pan.
- ☐ Drizzle with oil; sprinkle with pepper. Toss. Roast at 500 for 30 minutes or until vegetables are tender, turning once. Cool for 10 minutes. Peel acorn squash; discard skin.
- ☐ Combine vegetable mixture, 2 cups water, curry powder, garam masala, and red pepper in a food processor; pulse to desired consistency. Scrape mixture into a large saucepan over medium heat. Stir in broth; bring to a boil. Cook for 10 minutes, stirring occasionally, and stir in salt.
- ☐ Combine yogurt and honey, stirring well.
- ☐ Serve with soup.

Nutrition Facts



Properties

Glycemic Index:37.52, Glycemic Load:4.98, Inflammation Score:-10, Nutrition Score:13.842608710994%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 140.04kcal (7%), Fat: 2.72g (4.18%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 26.28g (8.76%), Net Carbohydrates: 22.43g (8.16%), Sugar: 10.86g (12.07%), Cholesterol: 0.75mg (0.25%), Sodium: 381.1mg (16.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.41%), Vitamin A: 14529.82IU (290.6%), Vitamin C: 25mg (30.3%), Potassium: 863.65mg (24.68%), Manganese: 0.38mg (19.11%), Fiber: 3.85g (15.41%), Vitamin B6: 0.3mg (15.06%), Magnesium: 49.34mg (12.34%), Vitamin E: 1.78mg (11.88%), Vitamin B1: 0.17mg (11.62%), Folate: 40.97µg (10.24%), Calcium: 92.96mg (9.3%), Phosphorus: 84.93mg (8.49%), Vitamin B3: 1.65mg (8.25%), Vitamin K: 8.04µg (7.66%), Copper: 0.14mg (6.77%), Vitamin B5: 0.66mg (6.58%), Iron: 1.17mg (6.51%), Vitamin B2: 0.1mg (5.71%), Selenium: 2.64µg (3.77%), Zinc: 0.44mg (2.95%), Vitamin B12: 0.1µg (1.75%)