



Kabocha Coulis

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



116 kcal

SIDE DISH

Ingredients

- 1.5 pounds butternut squash
- 0.8 teaspoon curry powder
- 1.8 cups fat-skimmed chicken broth
- 1 tablespoon ginger fresh chopped
- 0.8 teaspoon ground cumin
- 1 teaspoon olive oil
- 8 oz onion peeled chopped
- 4 servings salt and pepper

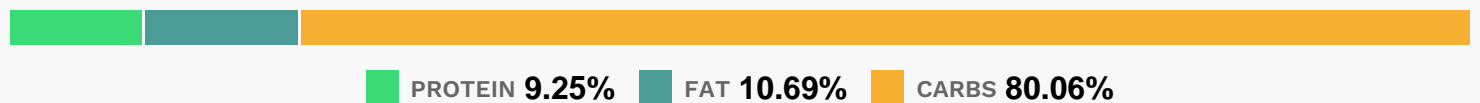
Equipment

- food processor
- frying pan
- knife
- blender

Directions

- Rinse squash and cut in half lengthwise (if necessary, use a mallet to gently pound knife through squash). Scoop out seeds and discard; with a small, sharp knife, pare peel and discard.
- Cut squash into 1-inch chunks; you should have about 4 cups.
- In a 3- to 4-quart nonstick pan over medium-high heat, stir onion and ginger in olive oil until onion is very limp, 8 to 10 minutes.
- Add cumin and curry powder; stir until fragrant, about 30 seconds.
- Add 1 3/4 cups broth and the squash; bring to a boil, then cover, reduce heat, and simmer until squash is tender when pierced, 18 to 20 minutes.
- In a blender or food processor, holding down lid with a towel, whirl squash mixture, in batches, until smooth. If sauce is thicker than desired, whirl in a little more broth.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:1.22, Inflammation Score:-10, Nutrition Score:16.094347829404%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.51mg, Quercetin:

11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg

Nutrients (% of daily need)

Calories: 116.06kcal (5.8%), Fat: 1.54g (2.38%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 26.01g (8.67%), Net Carbohydrates: 21.45g (7.8%), Sugar: 6.34g (7.05%), Cholesterol: 0mg (0%), Sodium: 610.12mg (26.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.01%), Vitamin A: 18090.92IU (361.82%), Vitamin C: 40.08mg (48.58%), Manganese: 0.46mg (23.04%), Potassium: 731.12mg (20.89%), Fiber: 4.56g (18.26%), Vitamin E: 2.7mg (18.03%), Vitamin B6: 0.35mg (17.63%), Magnesium: 67.58mg (16.89%), Folate: 58.5µg (14.62%), Vitamin B1: 0.21mg (13.79%), Vitamin B3: 2.7mg (13.52%), Calcium: 104.35mg (10.44%), Iron: 1.83mg (10.15%), Phosphorus: 87.27mg (8.73%), Vitamin B5: 0.87mg (8.73%), Copper: 0.17mg (8.69%), Selenium: 3.42µg (4.88%), Vitamin B2: 0.07mg (4.3%), Vitamin B12: 0.2µg (3.31%), Vitamin K: 3.1µg (2.95%), Zinc: 0.41mg (2.74%)