



Mexican Butternut Squash Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



200 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 pound butternut squash cubed peeled
- 1 cup celery chopped
- 1 teaspoon chili powder
- 15.5 ounce whole-kernel corn white drained canned
- 2 tablespoons cilantro leaves fresh minced
- 0.3 cup juice of lime fresh
- 2 teaspoons olive oil
- 2 cups onion chopped

- 1 teaspoon oregano dried
- 4.5 ounce poblano chile green seeded sliced chopped canned
- 1 cup bell pepper red chopped
- 4 cups vegetable broth fresh

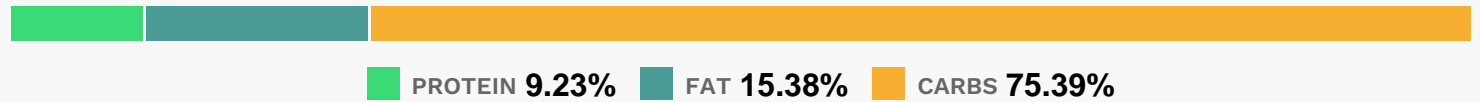
Equipment

- dutch oven

Directions

- Heat oil in a large Dutch oven over medium-high heat.
- Add squash and next 6 ingredients (squash through chili powder); saut minutes.
- Add broth and hominy; bring to a boil. Reduce heat; simmer 35 minutes or until vegetables are tender. Stir in lime juice and cilantro.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:3.59, Inflammation Score:-10, Nutrition Score:20.849130516467%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.61mg, Quercetin: 16.61mg, Quercetin: 16.61mg

Nutrients (% of daily need)

Calories: 199.78kcal (9.99%), Fat: 3.85g (5.92%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 42.47g (14.16%), Net Carbohydrates: 35.03g (12.74%), Sugar: 14.35g (15.95%), Cholesterol: 0mg (0%), Sodium: 1328.87mg (57.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.4%), Vitamin A: 11089.92IU (221.8%), Vitamin C: 89.51mg (108.5%), Folate: 125.22µg (31.3%), Fiber: 7.44g (29.76%), Manganese: 0.5mg (25.25%), Vitamin B6: 0.45mg (22.74%), Potassium: 776.27mg (22.18%), Vitamin E: 2.6mg (17.36%), Magnesium: 63.08mg (15.77%), Vitamin K:

16.03µg (15.27%), Vitamin B3: 2.96mg (14.81%), Vitamin B1: 0.2mg (13.14%), Phosphorus: 125.51mg (12.55%), Vitamin B2: 0.2mg (11.88%), Iron: 1.99mg (11.08%), Vitamin B5: 1.06mg (10.64%), Calcium: 98.61mg (9.86%), Copper: 0.16mg (7.83%), Zinc: 0.82mg (5.45%), Selenium: 1.86µg (2.66%)