



Moroccan Butternut Soup

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



5

CALORIES



118 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 pound butternut squash
- 1 teaspoon curry powder
- 2.5 cups less-sodium chicken broth fat-free divided
- 3 large garlic cloves unpeeled
- 0.3 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 0.1 teaspoon ground pepper red
- 0.5 cup milk 1% low-fat

- 5 tablespoons cup heavy whipping cream sour reduced-fat
- 0.3 teaspoon salt

Equipment

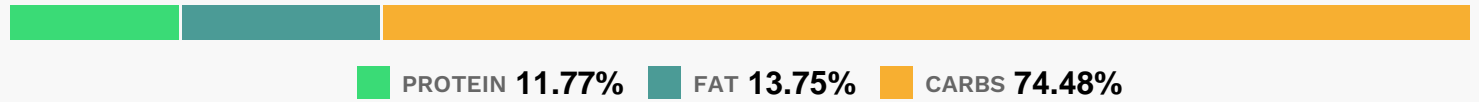
- food processor
- bowl
- frying pan
- sauce pan
- ladle
- oven
- knife
- blender
- baking pan
- microwave

Directions

- Preheat oven to 37
- . Pierce squash several times with the tip of a sharp knife. Microwave at HIGH 1 minute.
- Cut squash in half lengthwise; remove seeds and membrane with a spoon.
- Place butternut squash, cut sides down, and garlic cloves in a 13 x 9-inch baking dish coated with cooking spray. Pierce squash multiple times with a fork.
- Bake at 375 for 1 hour or until squash is very tender.
- . While squash bakes, place curry powder and next 3 ingredients in a small nonstick skillet over medium heat; toast 1 minute or until fragrant. Set aside.
- . Peel cooked squash, and place in a food processor or blender.
- Remove and discard skins from garlic; add garlic to food processor.
- Add 1 1/2 cups chicken broth, and process until smooth.
- Transfer squash mixture to a large saucepan. Stir in remaining 1 cup broth, milk, salt, and toasted spices. Cook over low heat 2 minutes or until thoroughly heated, stirring frequently.

. Ladle soup into bowls. Top with sour cream and, if desired, cilantro.

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:0.18, Inflammation Score:-10, Nutrition Score:16.607391362605%

Flavonoids

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 117.84kcal (5.89%), Fat: 2.01g (3.09%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 24.45g (8.15%), Net Carbohydrates: 20.57g (7.48%), Sugar: 5.4g (6%), Cholesterol: 5.38mg (1.79%), Sodium: 607.81mg (26.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.73%), Vitamin A: 19399.81IU (388%), Vitamin C: 38.89mg (47.14%), Manganese: 0.44mg (21.84%), Potassium: 754.94mg (21.57%), Vitamin E: 2.76mg (18.43%), Magnesium: 69.46mg (17.37%), Vitamin B6: 0.34mg (17.04%), Fiber: 3.88g (15.5%), Calcium: 146.17mg (14.62%), Vitamin B3: 2.89mg (14.44%), Vitamin B1: 0.21mg (14.26%), Folate: 52.66µg (13.16%), Phosphorus: 110.89mg (11.09%), Iron: 1.74mg (9.67%), Vitamin B5: 0.96mg (9.58%), Copper: 0.17mg (8.3%), Vitamin B12: 0.42µg (7.02%), Selenium: 4.64µg (6.62%), Vitamin B2: 0.11mg (6.59%), Zinc: 0.51mg (3.4%), Vitamin K: 2.56µg (2.44%), Vitamin D: 0.28µg (1.89%)