



## My Sister's Soup: Creamy Curried Squash and Cauliflower Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



176 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 medium butternut squash
- 1 small delicata squash
- 1 head cauliflower cut into florets
- 3 cups vegetable stock (to cover the vegetables once in the stock pot)
- 1 large onion diced yellow
- 3 cloves garlic fresh minced
- 1.5 teaspoons curry powder

- 3 tablespoons butter
- 1 ground pepper
- 6 servings salt and pepper to taste

## Equipment

- bowl
- oven
- pot
- blender
- casserole dish

## Directions

- Preheat your oven to 375 degrees F.
- Slice the squash length wise and place face down in a casserole dish with about 1/4" water on the bottom.
- Bake for about 30 minutes or until the squash is tender. Cool a bit, then when you can touch the squash, scoop out the seeds. Scoop the squash flesh into a bowl and set aside.
- In a large stock pot, heat the butter and saut the onions over low-to-medium heat until theyre translucent.
- Add the garlic, curry powder, red pepper flakes and salt and pepper to the onion.
- Add the squash and cauliflower into the pot along with the stock, and simmer for about 20 minutes.
- Puree the squash and cauliflower (along with the liquid) in batches in a blender.
- Add a bit more stock (a little at a time) if you think the mixture is too thick.
- Transfer the soup to bowls and serve with a dollop of sour cream.

## Nutrition Facts



## Properties

Glycemic Index:36.83, Glycemic Load:2.27, Inflammation Score:-10, Nutrition Score:21.337391304348%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

## Taste

Sweetness: 98.92%, Saltiness: 66.14%, Sourness: 49.61%, Bitterness: 100%, Savoriness: 32.45%, Fattiness: 67.1%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 176.33kcal (8.82%), Fat: 6.3g (9.69%), Saturated Fat: 3.8g (23.74%), Carbohydrates: 30.59g (10.2%), Net Carbohydrates: 24.37g (8.86%), Sugar: 8.35g (9.28%), Cholesterol: 15.05mg (5.02%), Sodium: 747.13mg (32.48%), Protein: 4.32g (8.64%), Vitamin A: 14819.7IU (296.39%), Vitamin C: 84.23mg (102.1%), Manganese: 0.61mg (30.34%), Potassium: 1046.1mg (29.89%), Folate: 112.45µg (28.11%), Vitamin B6: 0.55mg (27.26%), Fiber: 6.22g (24.87%), Magnesium: 71.99mg (18%), Vitamin K: 18.31µg (17.44%), Vitamin E: 2.3mg (15.3%), Vitamin B1: 0.21mg (14.15%), Vitamin B5: 1.33mg (13.29%), Vitamin B3: 2.44mg (12.19%), Calcium: 115.13mg (11.51%), Phosphorus: 114.24mg (11.42%), Iron: 1.96mg (10.87%), Copper: 0.2mg (10%), Vitamin B2: 0.14mg (8.41%), Zinc: 0.7mg (4.64%), Selenium: 2.01µg (2.87%)