



## Peanut and Squash Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



270 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 4 cups butternut squash cubed peeled ()
- ☐ 0.8 cup creamy peanut butter reduced-fat
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 4 cups fat-skimmed beef broth fat-free
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 6 cloves garlic minced
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 cup onion chopped
- ☐ 1.5 teaspoons vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons tomato paste

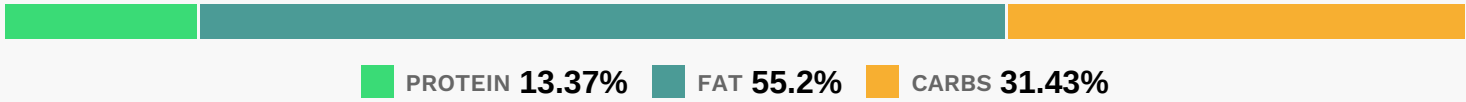
## Equipment

- ☐ sauce pan

## Directions

- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add squash and next 5 ingredients (through coriander); saut 5 minutes or until onion is tender.
- ☐ Add broth, peanut butter, tomato paste, and pepper, stirring well to combine; bring to a boil. Reduce heat; simmer, uncovered, 10 minutes or until the squash is tender.
- ☐ Sprinkle with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:18.772608663725%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

## Nutrients (% of daily need)

Calories: 270.43kcal (13.52%), Fat: 17.98g (27.66%), Saturated Fat: 3.47g (21.7%), Carbohydrates: 23.03g (7.68%), Net Carbohydrates: 18.75g (6.82%), Sugar: 7.5g (8.33%), Cholesterol: 0mg (0%), Sodium: 1001.89mg (43.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.6%), Vitamin A: 10099.99IU (202%), Manganese: 0.79mg (39.6%), Vitamin B3: 6.51mg (32.53%), Vitamin E: 4.76mg (31.75%), Vitamin C: 23.89mg (28.96%), Magnesium: 94.72mg (23.68%), Vitamin B6: 0.39mg (19.7%), Potassium: 671.67mg (19.19%), Phosphorus: 175.52mg

(17.55%), Fiber: 4.28g (17.11%), Folate: 60.72µg (15.18%), Copper: 0.28mg (13.79%), Vitamin B1: 0.17mg (11.47%), Iron: 1.86mg (10.31%), Vitamin B5: 0.96mg (9.6%), Selenium: 6.03µg (8.62%), Calcium: 83.4mg (8.34%), Vitamin B2: 0.13mg (7.89%), Zinc: 1.13mg (7.51%), Vitamin B12: 0.3µg (5.04%), Vitamin K: 4.15µg (3.95%)