



Peanut and Squash Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



272 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cup butternut squash cubed peeled ()
- ☐ 0.8 cup creamy peanut butter reduced-fat
- ☐ 0.5 tablespoon pepper red crushed
- ☐ 4 cups less-sodium chicken 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 teaspoon vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons tomato paste

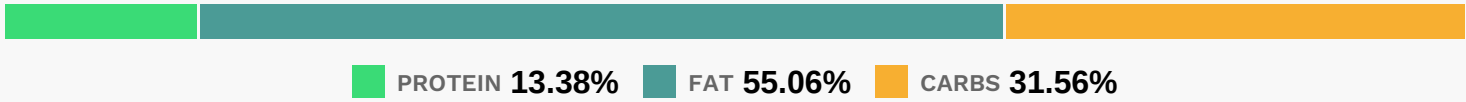
Equipment

- ☐ 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:19.031304338704%

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: 271.84kcal (13.59%), Fat: 18.05g (27.77%), Saturated Fat: 3.48g (21.78%), Carbohydrates: 23.28g (7.76%), Net Carbohydrates: 18.83g (6.85%), Sugar: 7.53g (8.37%), Cholesterol: 0mg (0%), Sodium: 1010.09mg (43.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.73%), Vitamin A: 10248.24IU (204.96%), Manganese: 0.8mg (40.02%), Vitamin E: 4.95mg (33.02%), Vitamin B3: 6.56mg (32.82%), Vitamin C: 23.89mg (28.96%), Magnesium: 95.46mg (23.87%), Vitamin B6: 0.4mg (20.23%), Potassium: 681.42mg (19.47%), Fiber: 4.45g (17.81%),

Phosphorus: 177.02mg (17.7%), Folate: 60.86µg (15.22%), Copper: 0.28mg (14.04%), Vitamin B1: 0.17mg (11.55%), Iron: 1.94mg (10.79%), Vitamin B5: 0.96mg (9.65%), Selenium: 6.13µg (8.76%), Calcium: 85.05mg (8.5%), Vitamin B2: 0.14mg (8.17%), Zinc: 1.15mg (7.65%), Vitamin B12: 0.3µg (5.04%), Vitamin K: 4.68µg (4.45%)