



PHILLY Spicy Thai Soup

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



192 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup signature asian sesame dressing kraft
- ☐ 2 pound butternut squash cubed peeled
- ☐ 0.5 cup philadelphia cream cheese spread light
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 30 ounce 5%-less-sodium chicken broth canned
- ☐ 1 onion chopped
- ☐ 1 teaspoon curry paste red

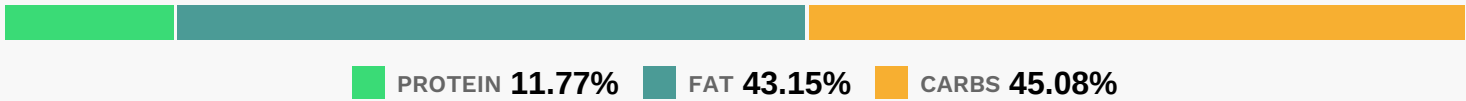
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Heat dressing in large saucepan on medium-high heat.
- ☐ Add onions; cook and stir 5 minutes or until crisp-tender. Stir in curry paste. Gradually add broth, stirring until well blended.
- ☐ Add squash. Bring to boil. Reduce heat to medium; cover. Simmer 15 minutes or until squash is tender, stirring occasionally.
- ☐ Pour, in batches, into blender; cover. Blend until pureed. Return to saucepan.
- ☐ Add cream cheese spread and cilantro; cook until cream cheese is melted and mixture is well blended, stirring frequently with wire whisk.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.38, Inflammation Score:-10, Nutrition Score:14.897826174031%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 192.22kcal (9.61%), Fat: 9.89g (15.22%), Saturated Fat: 3.6g (22.5%), Carbohydrates: 23.26g (7.75%), Net Carbohydrates: 19.77g (7.19%), Sugar: 5.81g (6.45%), Cholesterol: 11.73mg (3.91%), Sodium: 241.57mg (10.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Vitamin A: 16432.35IU (328.65%), Vitamin C: 33.36mg (40.43%), Potassium: 700.71mg (20.02%), Vitamin B3: 3.79mg (18.92%), Vitamin E: 2.72mg (18.12%), Manganese: 0.33mg (16.6%), Fiber: 3.49g (13.96%), Magnesium: 54.83mg (13.71%), Vitamin B6: 0.27mg (13.5%), Folate: 44.72µg (11.18%), Calcium: 108.75mg (10.88%), Vitamin B1: 0.16mg (10.67%), Phosphorus: 101.91mg (10.19%), Copper: 0.19mg (9.49%), Vitamin K: 9.64µg (9.18%), Iron: 1.49mg (8.28%), Vitamin B5: 0.63mg (6.31%), Vitamin B2: 0.08mg (4.63%), Zinc: 0.41mg (2.76%), Vitamin B12: 0.14µg (2.36%), Selenium: 1.02µg (1.46%)