



Pumpkin, Corn, and Lemongrass Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



148 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.8 pounds butternut squash
- ☐ 8 servings cilantro leaves
- ☐ 2.5 cups ears corn fresh (10 ounces; from 2 to 3 ears)
- ☐ 1 lemon grass fresh end trimmed
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 2 tablespoons butter unsalted
- ☐ 5 cups water

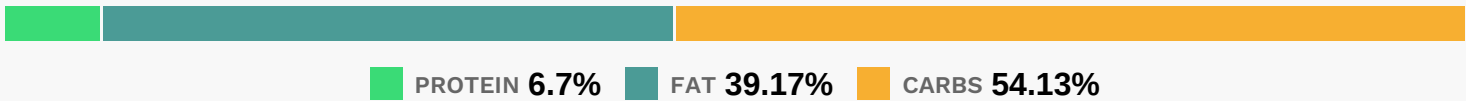
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ blender

Directions

- ☐ Cut off and discard top of lemongrass, leaving a 6-inch stalk, then smash stalk with side of a large heavy knife.
- ☐ Cook lemongrass, onion, and 1 teaspoon salt in butter and oil in a heavy medium pot over medium-low heat, stirring occasionally, until onion is softened, about 10 minutes.
- ☐ Add squash, corn, water, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper and bring to a boil over high heat.
- ☐ Reduce heat and simmer, covered, stirring occasionally, until squash is tender, about 10 minutes.
- ☐ Remove from heat and discard lemongrass.
- ☐ Purée soup in 3 or 4 batches in a blender until very smooth (use caution when blending hot liquids), straining each batch as blended through a fine-mesh sieve into a large heatproof bowl, pressing hard on and then discarding solids. Season with salt and pepper and reheat if necessary.
- ☐ Soup can be made 2 days ahead and chilled, uncovered, until cool, then covered. Reheat over medium heat, stirring occasionally.
- ☐ See Nutrition Data's complete analysis of this recipe ›
- ☐ Nutrition Data

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.39, Inflammation Score:-10, Nutrition Score:12.709130430027%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg 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: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 147.8kcal (7.39%), Fat: 7.07g (10.88%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 21.99g (7.33%), Net Carbohydrates: 18.78g (6.83%), Sugar: 5.82g (6.46%), Cholesterol: 7.53mg (2.51%), Sodium: 19.45mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.45%), Vitamin A: 10726.8IU (214.54%), Vitamin C: 25.35mg (30.73%), Manganese: 0.33mg (16.58%), Potassium: 504.9mg (14.43%), Vitamin E: 2.05mg (13.68%), Magnesium: 54.33mg (13.58%), Fiber: 3.21g (12.85%), Folate: 50.02µg (12.5%), Vitamin B1: 0.18mg (11.92%), Vitamin B6: 0.22mg (10.91%), Vitamin B3: 2.02mg (10.12%), Phosphorus: 80.03mg (8%), Vitamin B5: 0.75mg (7.5%), Copper: 0.13mg (6.47%), Calcium: 58.63mg (5.86%), Iron: 1.04mg (5.79%), Vitamin K: 3.96µg (3.78%), Vitamin B2: 0.05mg (3.06%), Zinc: 0.42mg (2.81%), Selenium: 0.9µg (1.29%)