

Roasted Butternut and Cauliflower Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



159 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 butternut squash
- 1 head cauliflower cut into small florets
- 2 teaspoons curry powder (see note)
- 1.5 teaspoons ginger fresh minced
- 2 cloves garlic smashed chopped
- 1 orange juice
- 1 medium onion chopped
- 1 teaspoon salt to taste (or)

- 1 tablespoon mirin
- 4 cups vegetable stock

Equipment

- bowl
- frying pan
- sauce pan
- oven
- blender
- baking pan
- kitchen timer
- immersion blender

Directions

- Cut the butternut in half lengthwise, and scrape out the seeds. Spray or rub a rectangular baking dish with oil (lightly) and place the squash in it cut-side down.
- Put the squash into the oven and set the timer for 15 minutes. Meanwhile, put the cauliflower florets into a small, oiled baking dish of their own. After the squash has cooked for 15 minutes, put the cauliflower in with it.
- Bake, stirring every 10 minutes, until the cauliflower is beginning to brown and the squash can be pierced easily with a fork. (They will probably be finished at different times.)
- Remove from the oven and set the cauliflower aside. Allow the squash to cool until it's easy to handle, and scrape the flesh out of the skin and into a bowl. Use a fork or masher to mash it a little. In a large saucepan, sauté the onion in a little water until it is translucent.
- Add the garlic and ginger and cook for about 3 more minutes, adding water as necessary.
- Add the squash to the pan along with the curry powder and the vegetable broth. Using a hand blender, blend the soup to a smooth puree. (Or, if you don't have a hand blender, puree the soup in your blender in batches.) Reduce the heat to low, and cook for about 15 minutes.
- Add the cauliflower to the soup. Taste for seasoning, and add sherry, salt, cayenne, and additional curry powder as needed. Cover and allow the soup to simmer until the cauliflower is tender.

Add the orange juice, cook for 5 more minutes and serve.

Nutrition Facts

 PROTEIN **11.83%**  FAT **4.03%**  CARBS **84.14%**

Properties

Glycemic Index:51.5, Glycemic Load:4.25, Inflammation Score:-10, Nutrition Score:24.180434828219%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

Nutrients (% of daily need)

Calories: 158.9kcal (7.94%), Fat: 0.8g (1.23%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 37.55g (12.52%), Net Carbohydrates: 30.05g (10.93%), Sugar: 11.35g (12.61%), Cholesterol: 0mg (0%), Sodium: 1574.12mg (68.44%), Alcohol: 0.36g (100%), Alcohol %: 0.07% (100%), Protein: 5.28g (10.56%), Vitamin A: 20472.35IU (409.45%), Vitamin C: 118.82mg (144.02%), Folate: 143.96µg (35.99%), Manganese: 0.71mg (35.52%), Potassium: 1184.64mg (33.85%), Vitamin B6: 0.62mg (31.18%), Fiber: 7.5g (30%), Vitamin K: 25.49µg (24.28%), Magnesium: 92.96mg (23.24%), Vitamin E: 3.05mg (20.33%), Vitamin B1: 0.29mg (19.42%), Vitamin B5: 1.78mg (17.82%), Vitamin B3: 3.12mg (15.61%), Phosphorus: 141.69mg (14.17%), Calcium: 137.57mg (13.76%), Iron: 2.33mg (12.97%), Copper: 0.22mg (11.16%), Vitamin B2: 0.14mg (8.26%), Zinc: 0.79mg (5.24%), Selenium: 2.34µg (3.35%)