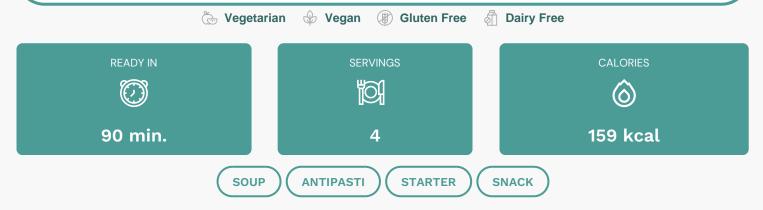


Roasted Butternut and Cauliflower Soup



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.	



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: 0.05mg, Apigenin: 0.05mg, Api

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: Omg (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%)