



Roasted Butternut Squash-Coconut Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



436 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 butternut squash
- ☐ 1 can coconut milk
- ☐ 1 garlic clove
- ☐ 0.5 teaspoon ground cumin
- ☐ 3 tablespoons honey
- ☐ 6 servings olive oil
- ☐ 0.5 cup onion chopped
- ☐ 6 servings salt and pepper

☐ 4 cups veggie broth

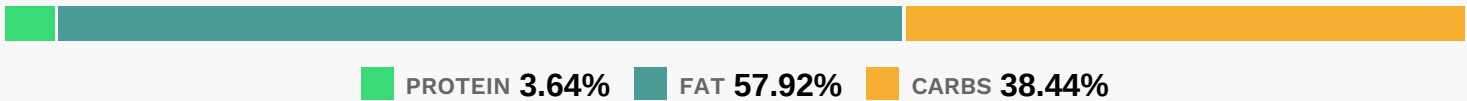
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ blender

Directions

- ☐ Preheat an oven to 375°F. Cut the squash in half lengthwise and remove and discard the seeds.
- ☐ Brush the squash inside and out with olive oil, and season with salt and pepper.
- ☐ Place the squash, cut side down, on a baking sheet. Roast the squash until a sharp knife penetrates the flesh easily, about 1 hour. Meanwhile, in a pot over medium-high heat, warm the oil.
- ☐ Add the onions and garlic and cook for about 4 to 5 minutes. Transfer the squash to the pot and add the stock. Bring to a boil over medium-high heat, stirring occasionally.
- ☐ Add the cumin, honey and coconut milk and stir to combine. Using a blender, puree the soup in batches until smooth. Return the soup to the pot.
- ☐ Add more broth if needed to reach the desired consistency. Ladle the soup into bowls and garnish each serving with crispy bacon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.55, Glycemic Load:5.74, Inflammation Score:-10, Nutrition Score:23.123478194942%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 436.05kcal (21.8%), Fat: 30.17g (46.41%), Saturated Fat: 16.06g (100.37%), Carbohydrates: 45.06g (15.02%), Net Carbohydrates: 38.32g (13.93%), Sugar: 18.25g (20.28%), Cholesterol: 0mg (0%), Sodium: 842.05mg (36.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.53%), Vitamin A: 26911.13IU (538.22%), Vitamin C: 55.57mg (67.36%), Manganese: 1.16mg (57.78%), Vitamin E: 5.72mg (38.16%), Potassium: 1085.43mg (31.01%), Magnesium: 111.95mg (27.99%), Fiber: 6.74g (26.97%), Vitamin B6: 0.43mg (21.62%), Folate: 80.94µg (20.24%), Copper: 0.37mg (18.47%), Vitamin B1: 0.28mg (18.37%), Vitamin B3: 3.55mg (17.73%), Iron: 3.11mg (17.3%), Phosphorus: 155.05mg (15.51%), Calcium: 137.08mg (13.71%), Vitamin B5: 1.15mg (11.49%), Vitamin K: 11.32µg (10.78%), Selenium: 5.61µg (8.02%), Zinc: 0.88mg (5.88%), Vitamin B2: 0.06mg (3.45%)