



Roasted Butternut Squash Soup and Curry Condiments

 Dairy Free  Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



484 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 mcintosh apples cored peeled
- ☐ 4 servings banana diced
- ☐ 3 pounds butternut squash peeled seeded
- ☐ 2 cups chicken stock see homemade
- ☐ 0.5 teaspoon curry powder good
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons olive oil good

- ☐ 4 servings roasted cashews salted toasted chopped
- ☐ 4 servings scallions white green trimmed sliced
- ☐ 4 servings coconut or sweetened flaked lightly toasted
- ☐ 2 onions yellow

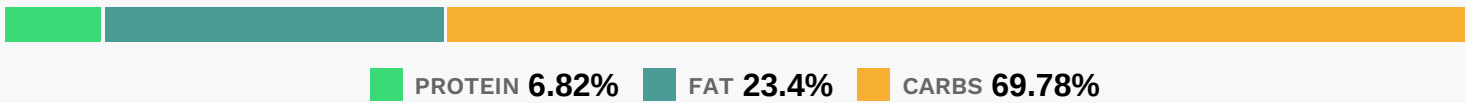
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Cut the butternut squash, onions and apples in 1-inch cubes.
- ☐ Place them on a sheet pan and toss with the olive oil, 1 teaspoon salt and 1/2 teaspoon pepper. Divide the squash mixture between 2 sheet pans and spread it in a single layer. Roast for 35 to 45 minutes, until very tender.
- ☐ Meanwhile, heat the chicken stock to a simmer. When the vegetables are done, put them through a food mill fitted with the medium blade. (Alternatively, you can place the roasted vegetables in batches in a food processor fitted with the steel blade.
- ☐ Add some of the chicken stock and coarsely puree.) When all of the vegetables are processed, place them in a large pot and add enough chicken stock to make a thick soup.
- ☐ Add the curry powder, 1 teaspoon salt and 1/2 teaspoon pepper. Taste for seasonings to be sure there's enough salt and pepper to bring out the curry flavor. Reheat and serve hot with condiments either on the side or on top of each serving.
- ☐ Photograph by Quentin Bacon

Nutrition Facts



Properties

Glycemic Index:45.69, Glycemic Load:18.5, Inflammation Score:-10, Nutrition Score:33.97434769506%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 8.87mg, Catechin: 8.87mg, Catechin: 8.87mg, Catechin: 8.87mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.88mg, Epicatechin: 6.88mg, Epicatechin: 6.88mg, Epicatechin: 6.88mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 15.53mg, Quercetin: 15.53mg, Quercetin: 15.53mg, Quercetin: 15.53mg

Nutrients (% of daily need)

Calories: 483.85kcal (24.19%), Fat: 13.7g (21.07%), Saturated Fat: 2.46g (15.37%), Carbohydrates: 91.92g (30.64%), Net Carbohydrates: 78.33g (28.48%), Sugar: 37.11g (41.24%), Cholesterol: 3.6mg (1.2%), Sodium: 200.15mg (8.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.95%), Vitamin A: 36359.97IU (727.2%), Vitamin C: 92.06mg (111.58%), Manganese: 1.18mg (59.06%), Vitamin B6: 1.17mg (58.63%), Potassium: 1983.35mg (56.67%), Fiber: 13.59g (54.37%), Vitamin E: 6.85mg (45.64%), Magnesium: 169.65mg (42.41%), Folate: 141.19µg (35.3%), Vitamin B3: 7.03mg (35.13%), Vitamin B1: 0.47mg (31.21%), Vitamin K: 26.34µg (25.08%), Copper: 0.49mg (24.38%), Phosphorus: 207.49mg (20.75%), Calcium: 197.93mg (19.79%), Iron: 3.49mg (19.4%), Vitamin B5: 1.92mg (19.24%), Vitamin B2: 0.31mg (18.14%), Selenium: 6.24µg (8.91%), Zinc: 1.1mg (7.3%)