



Roasted Butternut Squash Soup and Curry Condiments



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



6

CALORIES



364 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

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

Equipment

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

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F.
- ☐ Cut the butternut squash, onions, and apples into 1-inch cubes.
- ☐ Place them on a sheet pan and toss them with the olive oil, 1 teaspoon salt, and 1/2 teaspoon pepper. Divide the squash mixture between 2 sheet pans and spread in a single layer. Roast for 35 to 45 minutes, tossing occasionally, 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.
- ☐ Condiments for serving: .

Nutrition Facts



Properties

Glycemic Index:30.46, Glycemic Load:17.02, Inflammation Score:-10, Nutrition Score:26.636956339297%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 8.47mg, Catechin: 8.47mg, Catechin: 8.47mg, Catechin: 8.47mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.59mg, Epicatechin: 4.59mg, Epicatechin: 4.59mg, Epicatechin: 4.59mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg

Nutrients (% of daily need)

Calories: 364.1kcal (18.21%), Fat: 9.52g (14.65%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 71.31g (23.77%), Net Carbohydrates: 61.05g (22.2%), Sugar: 30.05g (33.39%), Cholesterol: 2.4mg (0.8%), Sodium: 137.26mg (5.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.09%), Vitamin A: 24286.98IU (485.74%), Vitamin C: 65.4mg (79.27%), Vitamin B6: 0.94mg (46.9%), Manganese: 0.91mg (45.71%), Potassium: 1481.64mg (42.33%), Fiber: 10.26g (41.03%), Magnesium: 125.93mg (31.48%), Vitamin E: 4.62mg (30.8%), Folate: 104.06µg (26.01%), Vitamin B3: 4.98mg (24.9%), Vitamin B1: 0.33mg (21.8%), Vitamin K: 22.08µg (21.03%), Copper: 0.37mg (18.41%), Phosphorus: 150.33mg (15.03%), Vitamin B5: 1.43mg (14.3%), Vitamin B2: 0.24mg (14.04%), Iron: 2.5mg (13.86%), Calcium: 135.83mg (13.58%), Selenium: 4.68µg (6.69%), Zinc: 0.82mg (5.48%)