



## Roasted Butternut Squash Soup with Apples and Garam Masala

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



169 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 pound braeburn apple peeled chopped
- 8 cups butternut squash cubed peeled (1-inch) ( 2 medium)
- 14 ounce less-sodium chicken broth fat-free canned
- 1.3 teaspoons garam masala
- 1 teaspoon kosher salt
- 2 tablespoons maple syrup

- 3 tablespoons olive oil divided
- 0.3 cup shallots finely chopped
- 2 tablespoons soy milk
- 3 cups water
- 0.3 cup white wine sweet

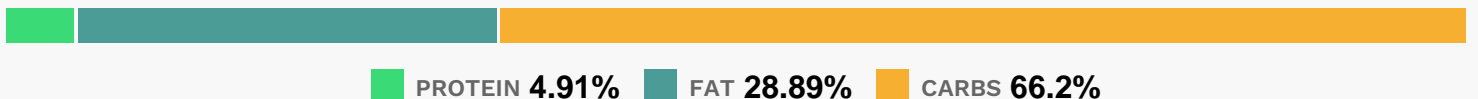
## Equipment

- bowl
- frying pan
- oven
- sieve
- blender

## Directions

- Preheat oven to 400
- Combine squash, 2 tablespoons oil, syrup, salt, garam masala, and pepper in a large bowl. Arrange squash in a single layer on a jelly-roll pan coated with cooking spray.
- Bake at 400 for 45 minutes or until soft.
- Heat remaining 1 tablespoon oil in a large skillet over medium-high heat.
- Add shallots; saut 2 minutes or until tender. Stir in apple; saut 2 minutes or until tender. Stir in wine; cook 1 minute. Stir in squash, water, and broth. Bring to a simmer; cook 3 minutes.
- Place half of soup in a blender; process until smooth. Strain mixture through a sieve into a bowl; discard solids. Repeat procedure with remaining half of soup. Stir in soy milk.

## Nutrition Facts



## Properties

Glycemic Index:22.36, Glycemic Load:3.67, Inflammation Score:-10, Nutrition Score:14.631304328856%

## Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 4.31mg, Epicatechin: 4.31mg, Epicatechin: 4.31mg, Epicatechin: 4.31mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

## **Nutrients (% of daily need)**

Calories: 168.87kcal (8.44%), Fat: 5.69g (8.76%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 24.87g (9.04%), Sugar: 12.8g (14.22%), Cholesterol: 0mg (0%), Sodium: 508.11mg (22.09%), Alcohol: 0.77g (100%), Alcohol %: 0.27% (100%), Protein: 2.18g (4.35%), Vitamin A: 14927.82IU (298.56%), Vitamin C: 32.87mg (39.84%), Manganese: 0.46mg (22.91%), Vitamin E: 2.97mg (19.81%), Fiber: 4.48g (17.92%), Potassium: 615.44mg (17.58%), Vitamin B6: 0.28mg (14.19%), Magnesium: 55.23mg (13.81%), Folate: 43.79µg (10.95%), Vitamin B1: 0.16mg (10.91%), Vitamin B3: 2.16mg (10.8%), Calcium: 89.73mg (8.97%), Copper: 0.15mg (7.59%), Vitamin B2: 0.13mg (7.46%), Iron: 1.29mg (7.14%), Vitamin B5: 0.68mg (6.79%), Phosphorus: 63.73mg (6.37%), Vitamin K: 6.09µg (5.8%), Selenium: 1.98µg (2.82%), Vitamin B12: 0.14µg (2.33%), Zinc: 0.34mg (2.23%)