



Roasted Squash Soup



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



232 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 acorn squash halved seeded
- ☐ 3 tablespoons butter
- ☐ 1.5 pounds butternut squash halved seeded
- ☐ 1 pinch cayenne pepper to taste
- ☐ 1 teaspoon curry powder
- ☐ 1 tablespoon ginger root fresh minced
- ☐ 3 cloves garlic minced
- ☐ 1 large onion chopped

- ☐ 6 servings salt and pepper to taste
- ☐ 0.7 cup cooking sherry
- ☐ 0.5 small spaghetti squash halved seeded
- ☐ 2 tart apples green cored peeled chopped
- ☐ 5 cups vegetable broth

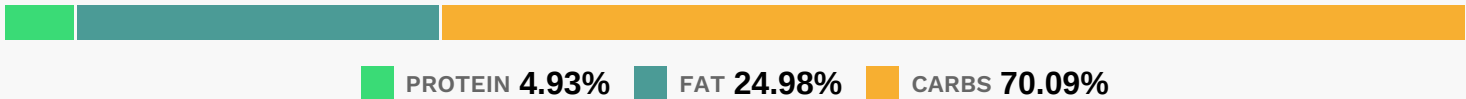
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place the squash, cut side down, on baking sheets and roast for 45 minutes, or until flesh is soft. Scoop out the flesh into a large bowl.
- ☐ In a medium saucepan over medium heat, melt the butter.
- ☐ Saute the onion, stirring frequently, for 5 minutes or until tender. Stir in the garlic, ginger and curry powder and cook 1 minute.
- ☐ Add the apples and sherry and simmer for 10 minutes, or until apples soften.
- ☐ Puree batches of the squash flesh and broth in a food processor or blender.
- ☐ Transfer the squash puree to a large saucepan. Puree the apple/sherry mixture and stir into pureed squash.
- ☐ Heat over medium heat and season with salt, pepper and cayenne, to taste.

Nutrition Facts



Properties

Glycemic Index:41.83, Glycemic Load:4.14, Inflammation Score:-10, Nutrition Score:17.348260805011%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg 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 Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg

Nutrients (% of daily need)

Calories: 232.41kcal (11.62%), Fat: 6.51g (10.02%), Saturated Fat: 3.77g (23.56%), Carbohydrates: 41.12g (13.71%), Net Carbohydrates: 34.52g (12.55%), Sugar: 14.06g (15.62%), Cholesterol: 15.05mg (5.02%), Sodium: 1046.03mg (45.48%), Alcohol: 2.75g (100%), Alcohol %: 0.6% (100%), Protein: 2.9g (5.79%), Vitamin A: 13050.08IU (261%), Vitamin C: 38.62mg (46.82%), Manganese: 0.58mg (28.86%), Fiber: 6.6g (26.41%), Potassium: 873.73mg (24.96%), Vitamin B6: 0.46mg (22.98%), Magnesium: 81.29mg (20.32%), Vitamin B1: 0.27mg (18.09%), Folate: 60.24µg (15.06%), Vitamin E: 2.1mg (13.98%), Vitamin B3: 2.78mg (13.88%), Calcium: 114.75mg (11.48%), Vitamin B5: 1.13mg (11.29%), Iron: 1.88mg (10.44%), Copper: 0.2mg (9.77%), Phosphorus: 97.24mg (9.72%), Vitamin B2: 0.08mg (4.49%), Vitamin K: 4.38µg (4.17%), Zinc: 0.56mg (3.71%), Selenium: 1.67µg (2.38%)