



## Roasted Three Squash Soup

 Vegetarian  Gluten Free

READY IN



180 min.

SERVINGS



10

CALORIES



162 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 acorn squash halved seeded
- 3 tablespoons butter
- 1 butternut squash halved seeded
- 10 servings cayenne pepper to taste
- 1 teaspoon curry powder
- 1 teaspoon thyme leaves dried
- 0.7 cup cooking sherry dry
- 4 leaves basil fresh chopped

- 1 teaspoon ginger root fresh minced
- 2 tablespoons parsley fresh chopped
- 1 sprig rosemary fresh chopped
- 1 medium head garlic
- 2 granny smith apples cored peeled chopped
- 3 green onions chopped
- 1 large onion chopped
- 10 servings cracked pepper black to taste
- 1 small bell pepper red minced
- 10 servings salt to taste
- 0.5 spaghetti squash seeded
- 43.5 ounce vegetable broth canned
- 1 cup water hot
- 2 zucchini chopped

## Equipment

- oven
- pot
- blender
- roasting pan
- aluminum foil
- dutch oven

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Place the butternut, acorn and spaghetti squashes cut side down on a roasting pan. Wrap garlic in foil, or place in a garlic roaster. Roast squash and garlic in preheated oven for 50 to 60 minutes.
- Melt butter in a large pot or Dutch oven over medium heat.

- Saute the onion for 5 minutes, stirring frequently. Stir in ginger and curry powder; cook 3 more minutes. Stir in apples and sherry; reduce heat to medium-low and simmer for 15 minutes.
- Transfer mixture to a blender and set aside.
- When the squash and garlic are done squeeze half the garlic into the apple mixture. Process mixture for 1 minute until blended, but still slightly chunky. Return mixture to pot over medium-low heat.
- In the blender, puree small batches of squash flesh and vegetable broth.
- Transfer each batch to the pot with the apple mixture.
- Stir in red bell pepper, rosemary, parsley, basil, thyme, black pepper, salt and cayenne. Cover and simmer over low heat for 1 to 3 hours, stirring occasionally.
- About 30 minutes before serving add zucchini, green onions and hot water.

## Nutrition Facts

**PROTEIN 6.69%** **FAT 23.69%** **CARBS 69.62%**

### Properties

Glycemic Index:46.4, Glycemic Load:3.16, Inflammation Score:-10, Nutrition Score:17.467825956643%

### Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.83mg, Epicatechin: 2.83mg, Epicatechin: 2.83mg, Epicatechin: 2.83mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

### Nutrients (% of daily need)

Calories: 162.24kcal (8.11%), Fat: 4.44g (6.83%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 23.94g (8.7%), Sugar: 10.24g (11.37%), Cholesterol: 9.03mg (3.01%), Sodium: 735.27mg (31.97%), Alcohol: 1.65g (100%), Alcohol %: 0.47% (100%), Protein: 2.82g (5.64%), Vitamin A: 9839.19IU (196.78%), Vitamin C:

45.04mg (54.6%), Vitamin K: 29.66µg (28.25%), Manganese: 0.54mg (26.94%), Vitamin B6: 0.45mg (22.38%),  
Fiber: 5.41g (21.63%), Potassium: 729.47mg (20.84%), Magnesium: 64.26mg (16.06%), Vitamin E: 2.15mg (14.35%),  
Folate: 56.9µg (14.23%), Vitamin B1: 0.2mg (13.67%), Vitamin B3: 2.22mg (11.09%), Iron: 1.78mg (9.9%), Calcium:  
92.46mg (9.25%), Phosphorus: 88.31mg (8.83%), Copper: 0.17mg (8.36%), Vitamin B5: 0.83mg (8.27%), Vitamin B2:  
0.12mg (6.76%), Zinc: 0.59mg (3.95%), Selenium: 1.6µg (2.28%)