



Spiced Butternut-Pumpkin Soup

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



4

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 tablespoons butter
- 1.8 lb butternut squash cubed peeled
- 2 tablespoons ginger fresh finely grated
- 3 garlic cloves minced
- 1 large apples i use 2 granny smith apples cubed peeled
- 0.5 teaspoon ground pepper
- 1 tablespoon juice of lime fresh

- 32 oz chicken broth low-sodium
- 1.8 lb pumpkin cubed peeled
- 1 large bell pepper red chopped
- 1.5 teaspoons curry paste red
- 4 servings salt and pepper to taste
- 1 large onion diced sweet
- 1 large sweet potatoes and into cubed peeled
- 0.8 cup whipping cream

Equipment

- blender
- dutch oven

Directions

- Melt butter in a large Dutch oven over medium-high heat; add onion and bell pepper, and saut 8 minutes or until onion is golden. Stir in garlic and ginger, and cook 1 minute.
- Add squash, next 7 ingredients, and 4 cups water. Bring to a boil, reduce heat to medium-low, and simmer 20 minutes or until vegetables are tender.
- Remove from heat, and let stand 30 minutes, stirring occasionally.
- Remove and discard bay leaves.
- Process soup, in batches, in a blender until smooth. Return to Dutch oven, and stir in cream. Bring to a simmer over medium heat; stir in lime juice, and season with salt and pepper to taste.
- *1 tsp. curry powder may be substituted.
- Note: 3 lb. butternut squash may be substituted for 1 3/4 lb. butternut squash and 1 3/4 lb. pumpkin.

Nutrition Facts



PROTEIN 8.89% FAT 38% CARBS 53.11%

Properties

Glycemic Index:80.25, Glycemic Load:19.89, Inflammation Score:-10, Nutrition Score:34.811739444733%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg 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 Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.58mg, Luteolin: 3.58mg, Luteolin: 3.58mg, Luteolin: 3.58mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 14.41mg, Quercetin: 14.41mg, Quercetin: 14.41mg, Quercetin: 14.41mg

Nutrients (% of daily need)

Calories: 528.36kcal (26.42%), Fat: 24.06g (37.02%), Saturated Fat: 14.54g (90.87%), Carbohydrates: 75.65g (25.22%), Net Carbohydrates: 64.92g (23.61%), Sugar: 26.95g (29.95%), Cholesterol: 65.48mg (21.83%), Sodium: 385.39mg (16.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.32%), Vitamin A: 52495.01IU (1049.9%), Vitamin C: 123.04mg (149.14%), Potassium: 2175.02mg (62.14%), Manganese: 1.08mg (53.99%), Vitamin B6: 0.93mg (46.45%), Vitamin E: 6.54mg (43.61%), Fiber: 10.73g (42.93%), Vitamin B3: 7.8mg (38.99%), Copper: 0.73mg (36.58%), Folate: 137.2µg (34.3%), Magnesium: 136.08mg (34.02%), Phosphorus: 333.1mg (33.31%), Vitamin B2: 0.53mg (31.47%), Vitamin B1: 0.45mg (29.69%), Iron: 4.63mg (25.75%), Vitamin B5: 2.46mg (24.6%), Calcium: 234.82mg (23.48%), Zinc: 1.81mg (12.04%), Vitamin K: 11.77µg (11.21%), Selenium: 4.32µg (6.18%), Vitamin B12: 0.31µg (5.17%), Vitamin D: 0.71µg (4.76%)