



Squash and Sweet-Potato Soup with Chipotle Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



12

CALORIES



159 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 lb butternut squash halved lengthwise (1 large)
- ☐ 12 servings chipotle sauce
- ☐ 2 teaspoons ginger fresh peeled chopped
- ☐ 1 tablespoon honey
- ☐ 1 leek white chopped
- ☐ 2 tablespoons juice of lemon fresh to taste
- ☐ 1 tablespoon olive oil

- ☐ 1 large onion chopped
- ☐ 2 lb sweet potatoes and into (2 large)
- ☐ 8 cups vegetable stock light
- ☐ 12 servings pepper white to taste

Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 400°F.
- ☐ Brush cut sides of squash with 1/2 teaspoon oil and arrange, cut sides down, in a shallow baking pan. Prick sweet potatoes all over with a fork and roast with squash until very tender, about 50 minutes for squash and about 1 1/4 hours for sweet potatoes.
- ☐ Cool vegetables and scoop flesh from squash into a bowl. Peel sweet potatoes and add to squash.
- ☐ Cook onion in remaining 2 1/2 teaspoons oil with salt to taste in a 6-quart heavy pot over moderately high heat, stirring occasionally, until golden brown, about 10 minutes. Stir in squash and sweet potato, leek, ginger, and 8 cups stock and simmer, uncovered, stirring occasionally, 30 minutes.
- ☐ Purée in batches in a blender (use caution when blending hot liquids), transferring to a clean pot. Bring to a simmer and, if too thick, add more stock. Season with salt and white pepper. Finish with lemon juice and, if desired, honey.
- ☐ Serve soup drizzled with some chipotle sauce or swirl sauce in to make a pattern.
- ☐ Soup may be made 2 days ahead, cooled completely, and chilled, covered. Reheat before serving.

Nutrition Facts



Properties

Glycemic Index:19.11, Glycemic Load:9.72, Inflammation Score:-10, Nutrition Score:15.314347806184%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 159.06kcal (7.95%), Fat: 1.45g (2.23%), Saturated Fat: 0.24g (1.47%), Carbohydrates: 36.44g (12.15%), Net Carbohydrates: 30.73g (11.17%), Sugar: 9.73g (10.81%), Cholesterol: 0mg (0%), Sodium: 675.89mg (29.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Vitamin A: 23237.14IU (464.74%), Vitamin C: 28.86mg (34.98%), Manganese: 0.56mg (28.22%), Fiber: 5.71g (22.84%), Potassium: 691.87mg (19.77%), Vitamin B6: 0.37mg (18.45%), Magnesium: 62.91mg (15.73%), Vitamin E: 2.07mg (13.82%), Vitamin B1: 0.18mg (12.25%), Folate: 46.83µg (11.71%), Copper: 0.23mg (11.48%), Vitamin B5: 1.09mg (10.89%), Iron: 1.74mg (9.67%), Vitamin B3: 1.84mg (9.19%), Calcium: 89.98mg (9%), Phosphorus: 83.08mg (8.31%), Vitamin K: 6.85µg (6.52%), Vitamin B2: 0.08mg (4.59%), Zinc: 0.46mg (3.04%), Selenium: 1.24µg (1.77%)