



## Squash, Carrot & Noodle Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 butternut squash chopped
- ☐ 4 carrots chopped
- ☐ 3 stalks celery chopped
- ☐ 0.5 tsp chilli powder
- ☐ 4 tbsp crunchy peanut butter
- ☐ 1 large handful coriander fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 2 cm piece ginger fresh finely chopped

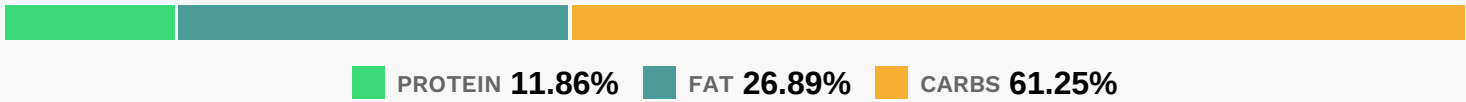
- ☐ 0.5 tsp ground turmeric
- ☐ 200 g noodles soft
- ☐ 1 tbsp olive oil
- ☐ 1 onion finely chopped
- ☐ 1 large handful roasted peanuts
- ☐ 4 servings grinding of salt & pepper good freshly ground
- ☐ 4 cups vegetable stock

## Equipment

## Directions

- ☐ Gently saute the onion, garlic and ginger in the olive oil.
- ☐ Add the celery and carrots and cook for a few minutes.
- ☐ Add the squash and cook for another few minutes.
- ☐ Stir in the chilli powder, turmeric and peanut butter.
- ☐ Pour in the vegetables stock and bring to the boil. Reduce to a simmer and cook, covered for 30 minutes.
- ☐ Add the noodles and cook for a few more minutes before seasoning and adding the coriander.
- ☐ Serve topped with a sprinkling of roasted peanuts.

## Nutrition Facts



## Properties

Glycemic Index:68.71, Glycemic Load:19.23, Inflammation Score:-10, Nutrition Score:23.640434741974%

## Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin:

0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

Nutrients (% of daily need)

Calories: 413.47kcal (20.67%), Fat: 12.8g (19.69%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 65.6g (21.87%), Net Carbohydrates: 57.86g (21.04%), Sugar: 11.32g (12.57%), Cholesterol: 0mg (0%), Sodium: 1293.45mg (56.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.7g (25.4%), Vitamin A: 20959.77IU (419.2%), Manganese: 1.16mg (58.03%), Selenium: 34.05µg (48.64%), Vitamin C: 27.24mg (33.02%), Fiber: 7.74g (30.95%), Potassium: 915.34mg (26.15%), Magnesium: 100.94mg (25.24%), Vitamin B3: 5.03mg (25.16%), Vitamin E: 3.58mg (23.86%), Vitamin B6: 0.46mg (23%), Vitamin K: 23.74µg (22.61%), Phosphorus: 219.68mg (21.97%), Folate: 78.21µg (19.55%), Copper: 0.37mg (18.73%), Vitamin B1: 0.22mg (14.77%), Iron: 2.17mg (12.08%), Vitamin B5: 1.07mg (10.72%), Calcium: 107.12mg (10.71%), Zinc: 1.59mg (10.6%), Vitamin B2: 0.13mg (7.94%)