



Squash Soup with Chili Purée

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



187 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 5 pounds butternut squash
- ☐ 12 servings chili powder
- ☐ 6 cups fat-skimmed chicken broth
- ☐ 1 tablespoon ginger fresh chopped
- ☐ 2 cloves garlic peeled chopped
- ☐ 1 teaspoon ground coriander
- ☐ 1.3 pounds leeks (4)

- ☐ 2 tablespoons olive oil
- ☐ 12 servings salt and pepper
- ☐ 12 servings cup heavy whipping cream sour

Equipment

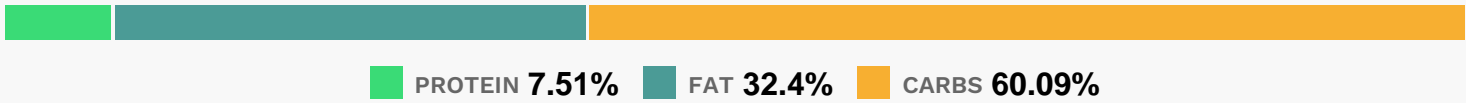
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ potato masher

Directions

- ☐ Rinse squash. With a large, heavy knife, cut in half lengthwise, using a mallet or hammer gently, if necessary, to force knife through squash. Scoop out and discard seeds.
- ☐ Brush cut surfaces with olive oil. Set squash cut side down in a 10- by 15-inch baking pan.
- ☐ Bake in a 375 regular or convection oven until squash is soft when pressed, 45 to 60 minutes. Reserve pan juices. Scoop flesh from peels (you should have about 5 cups) and discard peels.
- ☐ Meanwhile, trim and discard root ends and tough dark green tops from leeks.
- ☐ Cut leeks in half lengthwise and rinse thoroughly under cold running water, flipping layers to release grit. Chop leeks.
- ☐ In a 5- to 6-quart pan over medium-high heat, stir leeks, garlic, and ginger in butter until leeks begin to brown, 6 to 7 minutes.
- ☐ Add coriander, squash, reserved pan juices, and 5 cups broth. With a potato masher, mash squash. (Soup will be chunky; for a smoother texture, pour it into a large bowl, then pure in a blender, a portion at a time, and return to pan.) Thin with 1 to 4 more cups broth, if desired.
- ☐ Cover and heat soup until steaming.

Add salt and pepper to taste. Ladle into bowls and garnish with a dollop of sour cream and a teaspoon or two of chili pure (or a sprinkling of chili powder).

Nutrition Facts



Properties

Glycemic Index:10.58, Glycemic Load:1.94, Inflammation Score:-10, Nutrition Score:20.59043475856%

Flavonoids

Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 186.88kcal (9.34%), Fat: 7.4g (11.38%), Saturated Fat: 2.84g (17.78%), Carbohydrates: 30.87g (10.29%), Net Carbohydrates: 25.46g (9.26%), Sugar: 6.74g (7.49%), Cholesterol: 12.1mg (4.03%), Sodium: 726.8mg (31.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.71%), Vitamin A: 21604.12IU (432.08%), Vitamin C: 45.7mg (55.4%), Manganese: 0.67mg (33.51%), Vitamin E: 4.36mg (29.04%), Vitamin K: 28.16µg (26.82%), Potassium: 845.53mg (24.16%), Vitamin B6: 0.47mg (23.55%), Fiber: 5.42g (21.67%), Folate: 83.83µg (20.96%), Magnesium: 83.78mg (20.95%), Vitamin B3: 3.35mg (16.73%), Iron: 2.88mg (16.02%), Vitamin B1: 0.23mg (15.62%), Calcium: 144.74mg (14.47%), Copper: 0.24mg (12.05%), Phosphorus: 108.72mg (10.87%), Vitamin B5: 1.02mg (10.23%), Selenium: 4.91µg (7.01%), Vitamin B2: 0.12mg (6.87%), Vitamin B12: 0.26µg (4.27%), Zinc: 0.51mg (3.38%)