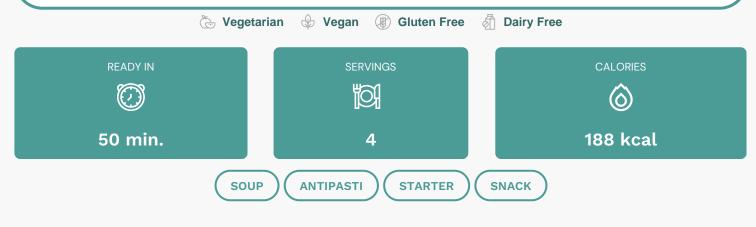


Sunny Summer Squash Soup



Ingredients

1 small pepper flakes seeds removed and chopped hot
4 servings bell pepper red
2 ribs celery chopped
3 cloves garlic minced
12 ounces yukon gold potatoes peeled cut into small dice
2 tablespoons nutritional yeast
1 large onion chopped
1 teaspoon oregano

	1 tablespoon tahini
	0.5 teaspoon turmeric for color (optional,)
	4 cups vegetable stock
	1 pinch pepper white
	1.5 pounds to 3 sized squashes yellow chopped (or young zucchini)
Equipment	
	bowl
	ladle
	pot
	blender
	kitchen towels
Directions	
	Heat a large non-stick or enamel-coated pot over medium-high heat.
	Add the onion, reduce the heat to medium, and cook, covered but stirring every minute or so until it begins to brown, about 5 minutes (add a little water if it tends to stick).
	Add the garlic and hot pepper and cook for another minute.
	Add all remaining ingredients except the optional ones. Cover and cook until the potatoes are completely tender (they will mash if lightly pressed with a spoon), about 25-40 minutes.
	Remove half of the soup and put it into a blender* and puree at high speed until completely smooth. (Be careful—hot liquids can erupt from your blender; I always remove the center cup from the lid and cover the opening with a kitchen towel.) Once it's blended, pour the soup into another pot.
	Add the remaining soup to the blender, along with any optional ingredients you choose to use, and blend well.
	Add to the other half of the soup, and simmer for about 5 minutes. Ladle into bowls, garnish with slices of red bell pepper, and serve.

Nutrition Facts

Properties

Glycemic Index:84.19, Glycemic Load:15.84, Inflammation Score:-10, Nutrition Score:23.01652168191%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg

Nutrients (% of daily need)

Calories: 188.1kcal (9.4%), Fat: 2.93g (4.51%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 36.8g (12.27%), Net Carbohydrates: 28.92g (10.52%), Sugar: 12.04g (13.37%), Cholesterol: Omg (0%), Sodium: 971.91mg (42.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.03%), Vitamin C: 161.54mg (195.8%), Vitamin A: 3383.91lU (67.68%), Vitamin B6: 1mg (49.93%), Potassium: 1217.76mg (34.79%), Manganese: 0.69mg (34.28%), Fiber: 7.87g (31.49%), Folate: 119.15µg (29.79%), Vitamin B2: 0.37mg (21.97%), Vitamin K: 21.13µg (20.13%), Vitamin B1: 0.28mg (18.99%), Phosphorus: 187.56mg (18.76%), Magnesium: 71.96mg (17.99%), Copper: 0.3mg (14.98%), Vitamin B3: 2.96mg (14.82%), Iron: 2.54mg (14.1%), Vitamin E: 1.63mg (10.86%), Vitamin B5: 0.89mg (8.88%), Zinc: 1.27mg (8.46%), Calcium: 77.07mg (7.71%), Selenium: 2.64µg (3.77%)