




 **53%**
HEALTH SCORE

Sunny Summer Squash Soup


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




50 min.

SERVINGS



4

CALORIES



188 kcal

SOUP **ANTIPASTI** **STARTER** **SNACK**

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



■ PROTEIN 15.59% ■ FAT 12.83% ■ CARBS 71.58%

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 Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg 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, 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: 0mg (0%), Sodium: 971.91mg (42.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.03%), Vitamin C: 161.54mg (195.8%), Vitamin A: 3383.91IU (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%)