



Thai Butternut Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons brown sugar
- ☐ 24 ounce butternut squash pureed frozen
- ☐ 1 teaspoon canola oil
- ☐ 0.3 cup cilantro leaves
- ☐ 0.5 cup dry-roasted peanuts unsalted chopped
- ☐ 1.5 teaspoons fish sauce
- ☐ 1 teaspoon ginger fresh minced
- ☐ 1.5 teaspoons garlic fresh minced

- ☐ 14 ounce coconut milk light canned
- ☐ 1 lime cut into 8 wedges
- ☐ 1 cup lower-sodium chicken broth fat-free
- ☐ 1 cup onion chopped
- ☐ 2.5 teaspoons curry paste red
- ☐ 0.3 teaspoon salt

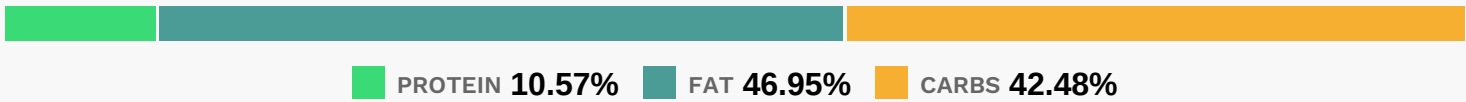
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat a medium saucepan over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion; saut 3 minutes.
- ☐ Add curry paste, garlic, and ginger; saut 45 seconds, stirring constantly.
- ☐ Add broth and next 5 ingredients (through salt); cover. Bring to a boil. Reduce heat, and simmer 5 minutes, stirring frequently.
- ☐ Place half of squash mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- ☐ Pour into a large bowl. Repeat procedure with remaining squash mixture. Spoon about 1 cup soup into each of 4 bowls; top with 2 tablespoons peanuts and 1 tablespoon cilantro.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.36, Inflammation Score:-10, Nutrition Score:19.737826064877%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg

Nutrients (% of daily need)

Calories: 312.8kcal (15.64%), Fat: 17.04g (26.22%), Saturated Fat: 8.22g (51.35%), Carbohydrates: 34.69g (11.56%), Net Carbohydrates: 28.34g (10.3%), Sugar: 7.99g (8.88%), Cholesterol: 0mg (0%), Sodium: 603.74mg (26.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.64g (17.27%), Vitamin A: 18650.54IU (373.01%), Vitamin C: 44.47mg (53.91%), Manganese: 0.86mg (42.87%), Potassium: 956.81mg (27.34%), Fiber: 6.35g (25.41%), Vitamin B3: 4.92mg (24.62%), Magnesium: 98.38mg (24.59%), Folate: 79.74µg (19.93%), Vitamin B6: 0.39mg (19.49%), Vitamin E: 2.7mg (17.98%), Vitamin B1: 0.25mg (16.98%), Phosphorus: 143.98mg (14.4%), Copper: 0.28mg (13.93%), Calcium: 124.5mg (12.45%), Iron: 1.95mg (10.81%), Vitamin B5: 1.04mg (10.39%), Vitamin K: 5.96µg (5.68%), Zinc: 0.73mg (4.88%), Selenium: 2.89µg (4.13%), Vitamin B2: 0.07mg (4%)