

Thai Inspired Spicy Curry Butternut Squash Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



12

CALORIES



178 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 1 large butternut squash diced peeled seeded
- ☐ 14 ounce coconut milk canned
- ☐ 5 carrots diced peeled
- ☐ 2 stalks celery diced
- ☐ 1 quart chicken stock see
- ☐ 2 chili moritas to taste

- ☐ 2 cloves garlic
- ☐ 12 servings salt and ground pepper black to taste
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons curry paste red to taste
- ☐ 1 tablespoon paprika smoked
- ☐ 1 quart water
- ☐ 1 large onion diced white

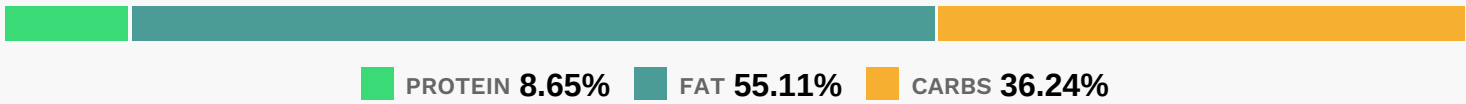
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Heat a large heavy-bottom pot over medium-high heat; add olive oil. Cook and stir chili moritas in the hot oil until chili moritas are puffed and softened, 3 to 5 minutes. Stir onion, carrots, celery, garlic, salt, and pepper into chili moritas and cook until onion is translucent, 10 to 15 minutes.
- ☐ Stir curry paste and paprika into chili-onion mixture until coated.
- ☐ Add butternut squash; cook and stir until squash is lightly browned, about 5 minutes.
- ☐ Pour chicken stock, water, and coconut milk into squash mixture; add bay leaves. Bring mixture to a boil, reduce heat, and simmer until squash is softened, about 1 hour.
- ☐ Pour squash mixture into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth.

Nutrition Facts



Properties

Glycemic Index:18.99, Glycemic Load:1.42, Inflammation Score:-10, Nutrition Score:14.077391230542%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 178.14kcal (8.91%), Fat: 11.6g (17.84%), Saturated Fat: 7.68g (47.99%), Carbohydrates: 17.16g (5.72%), Net Carbohydrates: 13.71g (4.98%), Sugar: 6.19g (6.88%), Cholesterol: 2.37mg (0.79%), Sodium: 148.82mg (6.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Vitamin A: 11676.5IU (233.53%), Vitamin C: 28mg (33.94%), Manganese: 0.53mg (26.72%), Potassium: 547.6mg (15.65%), Fiber: 3.46g (13.83%), Vitamin B3: 2.69mg (13.45%), Vitamin B6: 0.27mg (13.37%), Vitamin E: 1.72mg (11.47%), Magnesium: 45.54mg (11.39%), Copper: 0.22mg (11.18%), Phosphorus: 95.11mg (9.51%), Folate: 37.79µg (9.45%), Vitamin K: 9.33µg (8.89%), Vitamin B1: 0.13mg (8.74%), Iron: 1.57mg (8.7%), Vitamin B2: 0.12mg (6.82%), Selenium: 4.36µg (6.23%), Calcium: 61.35mg (6.13%), Vitamin B5: 0.45mg (4.46%), Zinc: 0.58mg (3.85%)