



HEALTH SCORE

60%

Thai squash soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



190 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 onion chopped
- ☐ 1 lemon grass shredded
- ☐ 1 pepper flakes red roughly chopped
- ☐ 1 kg butternut squash diced peeled
- ☐ 1 juice of lime
- ☐ 125 ml coconut milk
- ☐ 1 small bunch cilantro leaves leaves picked

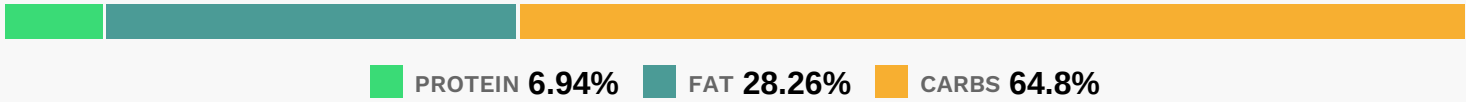
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ immersion blender

Directions

- ☐ Fry the onion, lemongrass and most of the chilli in a large pan with a splash of water for 2–3 mins until softened add more water if it starts to catch. Tip in the squash and stir. Cover with 1 litre water, bring to the boil and simmer for 15 mins until the squash is tender.
- ☐ Add lime juice, remove from the heat and blitz with a hand blender until smooth.
- ☐ Pour in the coconut milk, season, then return to the heat to gently warm through. Ladle into bowls and serve with coriander and the remaining chilli.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:1.76, Inflammation Score:-10, Nutrition Score:22.07391312848%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg

Nutrients (% of daily need)

Calories: 190.38kcal (9.52%), Fat: 6.72g (10.33%), Saturated Fat: 5.72g (35.73%), Carbohydrates: 34.64g (11.55%), Net Carbohydrates: 28.92g (10.52%), Sugar: 7.41g (8.23%), Cholesterol: 0mg (0%), Sodium: 17.14mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.43%), Vitamin A: 26821.44IU (536.43%), Vitamin C: 73.82mg (89.48%), Manganese: 0.87mg (43.3%), Potassium: 1050.28mg (30.01%), Magnesium: 105.94mg (26.48%), Vitamin E: 3.75mg (25%), Vitamin B6: 0.49mg (24.51%), Fiber: 5.72g (22.89%), Folate: 82.42µg (20.6%), Vitamin B1: 0.28mg (18.76%), Vitamin B3: 3.41mg (17.04%), Iron: 3.05mg (16.96%), Copper: 0.28mg (14.08%), Calcium: 136.48mg (13.65%), Phosphorus: 127.24mg (12.72%), Vitamin B5: 1.12mg (11.23%), Vitamin K: 10.68µg (10.17%), Zinc: 0.66mg (4.41%), Vitamin B2: 0.07mg (4.3%), Selenium: 1.48µg (2.11%)