



Winter Squash Soup with Red Chile and Mint

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



222 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cinnamon sticks (3 in. long)
- 12 coriander seeds black
- 2 tablespoons basil dried fresh chopped
- 1 tablespoon mint leaves dried fresh chopped
- 2 tablespoons olive oil light
- 1 onion chopped
- 1 tbsp ground new mexico chiles* or dried red
- 1 tsp sea salt

- 2 pounds smooth such as butternut, rugosa, or musque de provence
- 4 cups vegetable stock quick (see headnote)
- 2 tablespoons whipping cream

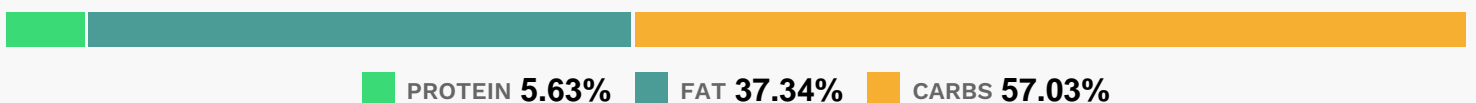
Equipment

- bowl
- ladle
- pot
- blender

Directions

- Peel squash and cut flesh into 1-in. cubes.
- Heat oil in a large pot over medium heat.
- Add squash, onion, basil, and mint and cook, stirring occasionally, about 5 minutes.
- Add cinnamon stick, 1 tsp. salt, and 1 tbsp. ground chiles, followed by 4 cups stock and the spice sachet. Bring to a boil, lower heat to a simmer, and cook, partly covered, until squash is tender, 20 to 25 minutes.
- Remove spice sachet and cinnamon stick.
- In batches, pure soup in a blender. Season to taste with salt.
- Ladle soup into bowls. Swirl 1 tsp. or so of cream into each, leaving it streaky. Finish each with a pinch of ground chiles.
- *Ground dried New Mexico chiles are fruitier and milder than other powdered chiles, such as cayenne. Try well-stocked grocery stores, or order Los Chileros mild ground chile (chile molido) from loschileros.com.
- Make ahead: Through step 3, up to 2 days.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:2.09, Inflammation Score:-10, Nutrition Score:22.388695696774%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg 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: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 222.14kcal (11.11%), Fat: 10.09g (15.53%), Saturated Fat: 2.81g (17.53%), Carbohydrates: 34.67g (11.56%), Net Carbohydrates: 28.22g (10.26%), Sugar: 8.63g (9.58%), Cholesterol: 8.48mg (2.83%), Sodium: 1536.1mg (66.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.85%), Vitamin A: 24827.69IU (496.55%), Vitamin C: 55.54mg (67.32%), Manganese: 0.9mg (45.2%), Vitamin K: 42.64µg (40.61%), Vitamin E: 4.61mg (30.74%), Potassium: 925.33mg (26.44%), Fiber: 6.45g (25.82%), Magnesium: 97.52mg (24.38%), Vitamin B6: 0.43mg (21.73%), Iron: 3.7mg (20.54%), Folate: 75.35µg (18.84%), Calcium: 179.03mg (17.9%), Vitamin B1: 0.25mg (16.45%), Vitamin B3: 2.94mg (14.7%), Copper: 0.23mg (11.66%), Vitamin B5: 1mg (9.96%), Phosphorus: 96.21mg (9.62%), Vitamin B2: 0.1mg (5.78%), Zinc: 0.59mg (3.94%), Selenium: 1.62µg (2.31%)