



Yellow Squash and Curry Stew

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



217 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup torn basil fresh
- ☐ 2 tablespoons butter
- ☐ 3 cups chicken broth organic divided
- ☐ 2 teaspoons curry powder
- ☐ 0.3 cup flat-leaf parsley leaves fresh loosely packed
- ☐ 3 garlic cloves thinly sliced
- ☐ 1 pt grape tomatoes
- ☐ 1.5 teaspoons kosher salt divided

- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 medium size onion sweet coarsely chopped
- ☐ 2 pounds baby squash yellow coarsely chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Preheat oven to 450
- ☐ Toss together first 7 ingredients and 1 tsp. salt. Arrange in a single layer in a 15- x 10-inch jelly-roll pan.
- ☐ Bake at 450 for 30 to 35 minutes or until vegetables are tender and lightly browned, stirring halfway through.
- ☐ Remove from oven; process 2 cups squash mixture and 1 cup broth in a blender or food processor until smooth. Divide remaining squash mixture among 4 shallow soup bowls.
- ☐ Stir together vegetable puree and remaining 2 cups broth in a 3-qt. saucepan; bring to a boil over medium heat, stirring occasionally.
- ☐ Remove from heat; whisk in butter, lime juice, and remaining 1/2 tsp. salt.
- ☐ Spoon broth mixture over squash mixture in bowls.
- ☐ Sprinkle with fresh herbs, and serve immediately.

Nutrition Facts



 **PROTEIN 10.44%**  **FAT 53.45%**  **CARBS 36.11%**

Properties

Glycemic Index:64.25, Glycemic Load:3.12, Inflammation Score:-9, Nutrition Score:23.124782678874%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg Quercetin: 12.77mg, Quercetin: 12.77mg, Quercetin: 12.77mg, Quercetin: 12.77mg

Nutrients (% of daily need)

Calories: 216.64kcal (10.83%), Fat: 13.98g (21.5%), Saturated Fat: 4.75g (29.71%), Carbohydrates: 21.25g (7.08%), Net Carbohydrates: 15.98g (5.81%), Sugar: 13.18g (14.64%), Cholesterol: 18.58mg (6.19%), Sodium: 1593.41mg (69.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.29%), Vitamin K: 96.24µg (91.66%), Vitamin C: 66.2mg (80.25%), Vitamin A: 2141.41IU (42.83%), Manganese: 0.8mg (40.09%), Vitamin B6: 0.75mg (37.42%), Potassium: 1067.59mg (30.5%), Vitamin B2: 0.48mg (28.26%), Folate: 112.51µg (28.13%), Fiber: 5.27g (21.07%), Magnesium: 68.32mg (17.08%), Vitamin E: 2.5mg (16.65%), Vitamin B1: 0.24mg (15.76%), Phosphorus: 157.33mg (15.73%), Copper: 0.29mg (14.66%), Vitamin B3: 2.45mg (12.26%), Iron: 2.19mg (12.15%), Calcium: 92.01mg (9.2%), Zinc: 1.24mg (8.25%), Vitamin B5: 0.6mg (6.02%), Selenium: 2.18µg (3.11%)