

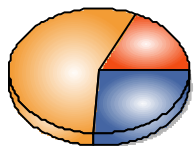


Orange-Gingered Butternut Squash Soup

By: Modified by DrJez LLC from Graham Kerr

Recipe grams: 1430.90g/50.5oz

Serves 4 357.73g/12.6oz per serving



Protein: 6%
Carbohydrates: 75%
Fat: 19%

INGREDIENTS

2 lbs BUTTERNUT SQUASH, RAW
8 fl oz ORANGE JUICE
1 cup CHICKEN BROTH, NO ADDED SALT
2 tsp ORANGE PEEL, RAW
2 tsp GINGER, GROUND
1 tbsp SUGAR SUBSTITUTE, SPLENDA
2 tsp CINNAMON, GROUND
1 tbsp SOY SAUCE (SHOYU), LOWER SODIUM
1 tbsp SESAME OIL, TOASTED

DIRECTIONS

Peel, seed and cut the squash into cubes. Place into a large microwave-safe bowl, cover and steam for 8-10 minutes or longer if needed until soft. Place in a food processor or heavy mixer. Process until smooth.

Combine puree and remaining ingredients except oil in a large soup pot and heat gently.

Adjust thickness with more or less broth. Adjust sweetness or spice to taste. For a little healthy fat and a touch of mouth feel, add oil and stir.

Serve with a sprinkle of cinnamon or Oriental 5-Spice with main dish of light meat.

Serves 4.

Nutrition Facts

Serving Size: 1 serving (357.7g)

Servings: 1

Amount Per Serving

Calories 180 Calories from Fat 40

% Daily Value*

Total Fat 4g 6%

Saturated Fat 0.5g 4%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 120mg 4%

Total Carbohydrate 36g 10%

Dietary Fiber 5g 20%

Sugars 12g

Protein 3g

Vitamin A 480%

• Vitamin C 110%

Calcium 15%

• Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.