



WHATSheATE



Acorn Squash and Apple Soup



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds acorn squash
- ☐ 2 tablespoons butter
- ☐ 1 medium onion yellow sliced
- ☐ 2 medium baking apples are apples that have a sweet-tart balance and hold their shape when peeled sliced (Granny Smith, Greening or Haralson)
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon basil dried
- ☐ 28 ounces chicken broth canned (4 cups)
- ☐ 1 teaspoon nutmeg

- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper white black
- ☐ 0.5 cup frangelico

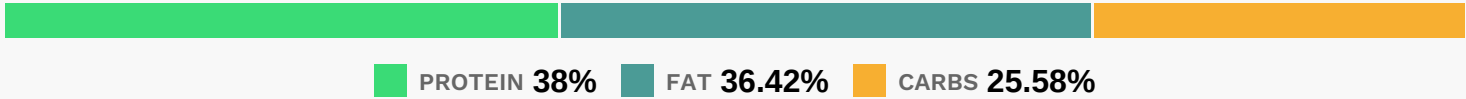
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Heat oven to 350°.
- ☐ Cut squash in half; remove seeds and fibers.
- ☐ Place squash, cut sides up, in rectangular pan, 13 x 9 x 2 inches.
- ☐ Pour water into pan until 1/4 inch deep.
- ☐ Bake uncovered about 40 minutes or until tender. Cool; remove pulp from rind and set aside.
- ☐ Melt butter in heavy 3-quart saucepan over medium heat. Cook onion in butter 2 to 3 minutes, stirring occasionally, until crisp-tender. Stir in apples, thyme and basil. Cook 2 minutes, stirring constantly. Stir in broth.
- ☐ Heat to boiling; reduce heat to
- ☐ low. Simmer uncovered 30 minutes.
- ☐ Remove 1 cup apples with slotted spoon; set aside.
- ☐ Place one-third of the remaining apple mixture and squash in blender or food processor. Cover and blend on medium speed about 1 minute or until smooth; pour into bowl. Continue to blend in small batches until all the soup is pureed.
- ☐ Return blended mixture and 1 cup reserved apples to saucepan. Stir in half-and-half, nutmeg, salt and pepper; heat until hot.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:2.67, Inflammation Score:-8, Nutrition Score:14.286521740582%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 364.97kcal (18.25%), Fat: 14.84g (22.83%), Saturated Fat: 3.89g (24.34%), Carbohydrates: 23.46g (7.82%), Net Carbohydrates: 19.83g (7.21%), Sugar: 7.18g (7.98%), Cholesterol: 66.15mg (22.05%), Sodium: 880.33mg (38.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.84g (69.67%), Selenium: 25.01µg (35.73%), Phosphorus: 257.63mg (25.76%), Vitamin B6: 0.48mg (23.78%), Zinc: 3.53mg (23.52%), Vitamin B12: 1.33µg (22.13%), Vitamin C: 17.19mg (20.84%), Vitamin B3: 4.06mg (20.3%), Potassium: 693.94mg (19.83%), Vitamin A: 866.88IU (17.34%), Magnesium: 67.95mg (16.99%), Iron: 2.74mg (15.25%), Fiber: 3.62g (14.49%), Manganese: 0.26mg (12.89%), Vitamin B1: 0.18mg (11.96%), Vitamin B2: 0.17mg (9.91%), Copper: 0.17mg (8.52%), Folate: 27.81µg (6.95%), Calcium: 68.44mg (6.84%), Vitamin B5: 0.52mg (5.19%), Vitamin K: 5.17µg (4.92%), Vitamin E: 0.69mg (4.57%)