



Acorn Squash and Apple Soup

 Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds acorn squash
- ☐ 0.3 teaspoon pepper white black
- ☐ 2 tablespoons butter
- ☐ 28 ounces chicken broth canned (4 cups)
- ☐ 0.3 teaspoon basil dried
- ☐ 1 teaspoon nutmeg
- ☐ 0.5 cup half and half
- ☐ 0.5 teaspoon salt

- ☐ 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
- ☐ 1 medium onion yellow sliced

Equipment

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

Directions

- ☐ Heat oven to 35
- ☐ 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

PROTEIN 36.05% FAT 39.23% CARBS 24.72%

Properties

Glycemic Index:29, Glycemic Load:2.67, Inflammation Score:-8, Nutrition Score:14.889130545699%

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: 391.39kcal (19.57%), Fat: 17.16g (26.4%), Saturated Fat: 5.31g (33.2%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 20.7g (7.53%), Sugar: 8.02g (8.91%), Cholesterol: 73.21mg (24.4%), Sodium: 892.63mg (38.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.47g (70.93%), Selenium: 25.66µg (36.65%), Phosphorus: 276.78mg (27.68%), Vitamin B6: 0.49mg (24.29%), Zinc: 3.61mg (24.04%), Vitamin B12: 1.37µg (22.77%), Vitamin C: 17.37mg (21.06%), Potassium: 720.56mg (20.59%), Vitamin B3: 4.08mg (20.41%), Vitamin A: 938.27IU (18.77%), Magnesium: 69.97mg (17.49%), Iron: 2.75mg (15.3%), Fiber: 3.62g (14.49%), Manganese: 0.26mg (12.9%), Vitamin B1: 0.19mg (12.36%), Vitamin B2: 0.21mg (12.21%), Calcium: 90.02mg (9%), Copper: 0.17mg (8.61%), Folate: 28.42µg (7.1%), Vitamin B5: 0.58mg (5.77%), Vitamin K: 5.43µg (5.17%), Vitamin E: 0.74mg (4.91%)