



Acorn Squash & Apple Soup



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



216 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small acorn squash whole (small)
- ☐ 1.3 tsp cinnamon
- ☐ 0.5 tsp mild curry powder
- ☐ 2 tbsp maple syrup pure
- ☐ 0.5 cup plant-based milk
- ☐ 0.3 tsp nutmeg
- ☐ 1 cup apples diced red

Equipment

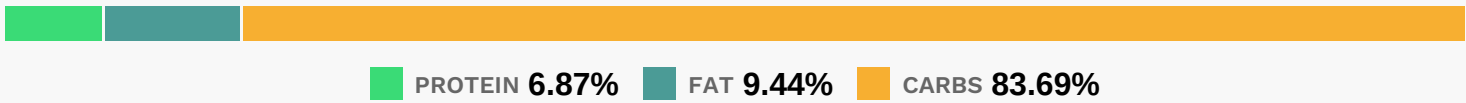
- ☐ sauce pan
- ☐ blender
- ☐ microwave

Directions

- ☐ Cook whole squash in microwave for 8-10 minutes or until you can stab it with a fork easily. Allow the squash to slightly cool so it is safe to handle.
- ☐ Cut in half, scoop out the seeds and discard. Scoop out the flesh and transfer to a medium saucepan.
- ☐ Add apples, spices and 1 cup water, stirring to mix completely. Bring to a boil over high heat then reduce to low and simmer until apple pieces are very tender, about 15-20 minutes.
- ☐ Transfer to a blender, add non-dairy milk and puree until smooth and creamy. Tastm adding syrup as desired and blend again.

- Nutritional Information
- ☐ Amount Per Serving
 - ☐ Calories
 - ☐ Fat
 - ☐ 30g
 - ☐ Carbohydrate
 - ☐ 60gDietary Fiber5.80gSugars17.70gProtein2.20g

Nutrition Facts



Properties

Glycemic Index:93.25, Glycemic Load:8.36, Inflammation Score:-8, Nutrition Score:15.367391213127%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg 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 Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 216.38kcal (10.82%), Fat: 2.46g (3.79%), Saturated Fat: 1.29g (8.03%), Carbohydrates: 49.14g (16.38%), Net Carbohydrates: 43.32g (15.75%), Sugar: 21.55g (23.94%), Cholesterol: 7.32mg (2.44%), Sodium: 32.54mg (1.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Manganese: 1.16mg (57.87%), Vitamin C: 26.71mg (32.37%), Potassium: 966.84mg (27.62%), Vitamin B1: 0.36mg (24.15%), Fiber: 5.82g (23.27%), Vitamin B2: 0.38mg (22.25%), Magnesium: 86.35mg (21.59%), Vitamin B6: 0.4mg (20.17%), Calcium: 190.87mg (19.09%), Vitamin A: 933.46IU (18.67%), Phosphorus: 149.44mg (14.94%), Vitamin B5: 1.13mg (11.33%), Iron: 1.9mg (10.54%), Folate: 39.59µg (9.9%), Copper: 0.17mg (8.5%), Vitamin B3: 1.69mg (8.44%), Vitamin B12: 0.33µg (5.49%), Zinc: 0.75mg (5.01%), Vitamin D: 0.67µg (4.47%), Selenium: 2.38µg (3.4%), Vitamin K: 2.56µg (2.44%), Vitamin E: 0.29mg (1.94%)