



Apple Butternut Soup

READY IN



45 min.

SERVINGS



4

CALORIES



143 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 cups cooking apple cored peeled coarsely chopped
- ☐ 3 cups butternut squash cubed peeled seeded
- ☐ 10.5 ounce chicken broth low-sodium canned
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 0.5 cup milk 1% low-fat
- ☐ 1 tablespoon butter reduced-calorie
- ☐ 1 cup onion chopped
- ☐ 0.1 teaspoon salt

☐ 0.3 teaspoon thyme leaves dried whole

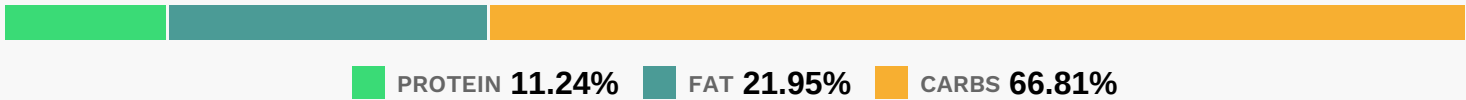
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ knife
- ☐ dutch oven

Directions

- ☐ Coat a Dutch oven with cooking spray; add margarine.
- ☐ Place over medium heat until margarine melts.
- ☐ Add onion and garlic; saute 5 minutes or until tender.
- ☐ Add flour, stirring until smooth. Stir in chicken broth and next 4 ingredients; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until squash is tender.
- ☐ Let cool.
- ☐ Position knife blade in food processor bowl; add squash mixture. Process 1 minute or until smooth, scraping sides of processor bowl once.
- ☐ Return mixture to pan; add milk. Cook over medium heat until thoroughly heated, stirring occasionally. Ladle soup into individual bowls. If desired, garnish with squash seeds, thyme sprigs, and sour cream.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:3.45, Inflammation Score:-10, Nutrition Score:13.706521759862%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.8mg, Quercetin: 9.8mg, Quercetin: 9.8mg, Quercetin: 9.8mg

Nutrients (% of daily need)

Calories: 142.79kcal (7.14%), Fat: 3.79g (5.83%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 25.94g (8.65%), Net Carbohydrates: 22.07g (8.02%), Sugar: 9.91g (11.01%), Cholesterol: 1.48mg (0.49%), Sodium: 145.92mg (6.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.72%), Vitamin A: 11370.26IU (227.41%), Vitamin C: 27.2mg (32.97%), Potassium: 590.49mg (16.87%), Fiber: 3.87g (15.48%), Manganese: 0.31mg (15.48%), Vitamin B6: 0.26mg (13.14%), Vitamin B3: 2.52mg (12.59%), Magnesium: 46.91mg (11.73%), Vitamin E: 1.72mg (11.44%), Vitamin B1: 0.16mg (10.95%), Phosphorus: 107.65mg (10.76%), Calcium: 106.16mg (10.62%), Folate: 41.45µg (10.36%), Copper: 0.15mg (7.31%), Vitamin B2: 0.12mg (6.93%), Iron: 1.2mg (6.68%), Vitamin B5: 0.62mg (6.17%), Vitamin B12: 0.26µg (4.3%), Vitamin K: 3.35µg (3.19%), Zinc: 0.47mg (3.13%), Selenium: 2.09µg (2.99%), Vitamin D: 0.32µg (2.16%)