



Apple-Butternut Squash Soup



Gluten Free



Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds butternut squash halved seeded
- ☐ 2 garlic clove finely chopped
- ☐ 0.8 pound apples i use 2 granny smith apples cored plus more for garnish peeled cut into eighths,
- ☐ 3 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 2 onion cut into wedges
- ☐ 0.3 cup parmesan cheese finely grated
- ☐ 2 tablespoons pinenuts toasted

☐ 2.8 cups mushroom caps quartered

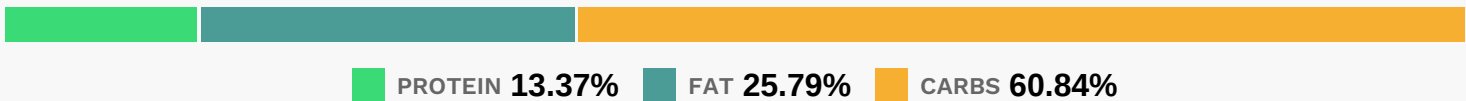
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Spread oil in a 9- x 13-inch baking dish; place squash on half of pan, cut sides down. Arrange apples, onions, and mushrooms in 1 layer on other half of pan. Roast in middle of oven 45 minutes or until tender.
- ☐ Remove from oven. Turn squash cut side up to cool. When cool enough to handle, pure squash in a food processor in batches with broth, Parmesan, garlic, half of the onions and apples, and three-fourths of the mushrooms until smooth.
- ☐ Transfer pure to a large saucepan.
- ☐ Add remaining roasted apples and onions to pan with 1 cup water to reach desired consistency. Bring to a simmer. Ladle into 4 bowls, garnish with apple slices, remaining mushrooms, and pine nuts.
- ☐ Serve immediately.
- ☐ Time-saver alert! Make a double batch of this soup and freeze in an airtight container for up to three months. Just thaw, heat, and serve for a last-minute dinner.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:6.51, Inflammation Score:-10, Nutrition Score:33.460434498994%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 14.6mg, Quercetin: 14.6mg, Quercetin: 14.6mg, Quercetin: 14.6mg

Nutrients (% of daily need)

Calories: 342.57kcal (17.13%), Fat: 10.93g (16.81%), Saturated Fat: 2.11g (13.18%), Carbohydrates: 57.99g (19.33%), Net Carbohydrates: 46.37g (16.86%), Sugar: 20.29g (22.55%), Cholesterol: 5.44mg (1.81%), Sodium: 189.01mg (8.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.49%), Vitamin A: 24211.11IU (484.22%), Manganese: 1.39mg (69.34%), Vitamin C: 56.12mg (68.02%), Vitamin B3: 11.55mg (57.73%), Vitamin B6: 0.95mg (47.57%), Potassium: 1641.58mg (46.9%), Fiber: 11.61g (46.45%), Phosphorus: 397.94mg (39.79%), Vitamin B5: 3.4mg (34.02%), Magnesium: 134.82mg (33.71%), Vitamin B2: 0.51mg (29.83%), Copper: 0.59mg (29.58%), Vitamin E: 4.43mg (29.56%), Folate: 96.56µg (24.14%), Vitamin B1: 0.31mg (20.85%), Calcium: 195.6mg (19.56%), Zinc: 2.86mg (19.04%), Selenium: 12.7µg (18.14%), Iron: 3.16mg (17.58%), Vitamin K: 9.52µg (9.07%), Vitamin B12: 0.26µg (4.36%), Vitamin D: 0.65µg (4.35%)