



Apple-Cheddar-Squash Soup

READY IN



40 min.

SERVINGS



4

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 2 medium apples thinly sliced
- ☐ 1.5 cups butternut squash fresh peeled chopped
- ☐ 0.5 teaspoon sage dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 cup milk
- ☐ 1 medium onion thinly sliced

- ☐ 2 ounces pancetta thinly sliced
- ☐ 2 cups sharp cheddar cheese grated plus more for garnish
- ☐ 5 tablespoons butter unsalted
- ☐ 1 large potatoes diced white

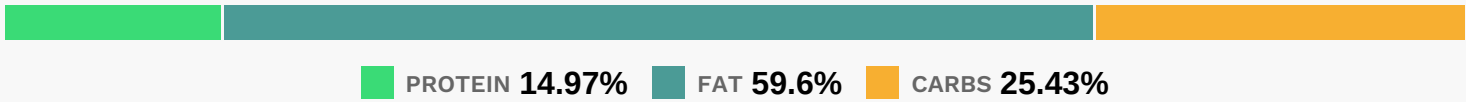
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ blender

Directions

- ☐ Melt 4 tablespoons butter in a large pot over medium-low heat and add the onion, apples, potato and squash. Season with salt and pepper and cook until the onion is soft, about 8 minutes. Stir in the sage and flour.
- ☐ Add the cider and cook over high heat, stirring, until thickened.
- ☐ Add the broth and milk, cover and bring to a boil; reduce to a simmer and cook, stirring, until the potato is soft, 8 to 10 minutes.
- ☐ Meanwhile, heat the remaining 1 tablespoon butter in a large skillet over medium-high heat.
- ☐ Add the prosciutto and cook until crisp, turning occasionally, about 2 minutes.
- ☐ Drain on paper towels.
- ☐ Add the cheese to the soup and stir over medium-low heat until melted. Puree in a blender in batches until smooth; season with salt and pepper.
- ☐ Garnish with the prosciutto, more cheese and chives, if using.
- ☐ Serve with bread, if desired.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:80.88, Glycemic Load:13.74, Inflammation Score:-10, Nutrition Score:23.76173917107%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.78mg, Epicatechin: 7.78mg, Epicatechin: 7.78mg, Epicatechin: 7.78mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.64mg, Quercetin: 9.64mg, Quercetin: 9.64mg, Quercetin: 9.64mg

Nutrients (% of daily need)

Calories: 626.87kcal (31.34%), Fat: 42.74g (65.75%), Saturated Fat: 23.35g (145.93%), Carbohydrates: 41.03g (13.68%), Net Carbohydrates: 36.25g (13.18%), Sugar: 17.46g (19.4%), Cholesterol: 110.8mg (36.93%), Sodium: 760.56mg (33.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.31%), Vitamin A: 6739.74IU (134.79%), Calcium: 533.38mg (53.34%), Phosphorus: 480.76mg (48.08%), Selenium: 21.99µg (31.42%), Vitamin C: 25.8mg (31.27%), Vitamin B2: 0.5mg (29.33%), Vitamin B3: 5.33mg (26.67%), Potassium: 895.53mg (25.59%), Vitamin B12: 1.26µg (21.08%), Vitamin B6: 0.42mg (21%), Zinc: 3.06mg (20.39%), Fiber: 4.78g (19.13%), Magnesium: 63.78mg (15.94%), Vitamin B1: 0.24mg (15.92%), Manganese: 0.29mg (14.49%), Copper: 0.28mg (13.77%), Vitamin E: 1.86mg (12.37%), Folate: 48.22µg (12.05%), Vitamin B5: 1.01mg (10.1%), Iron: 1.72mg (9.54%), Vitamin D: 1.33µg (8.86%), Vitamin K: 6.49µg (6.18%)