



Apple Cinnamon Butternut Squash Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



128 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 cups butternut squash cubed peeled seeded (2 medium)
- 1 large apples peeled chopped
- 1 large onion cut into 1-inch pieces
- 2 tablespoons brown sugar packed
- 0.8 teaspoon salt
- 0.8 teaspoon ground cinnamon
- 0.1 teaspoon pepper
- 3 cups chicken broth (from 32-oz carton)

- 0.8 cup milk
- 6 oz yogurt plain fat free
- 2 tablespoons chives fresh chopped

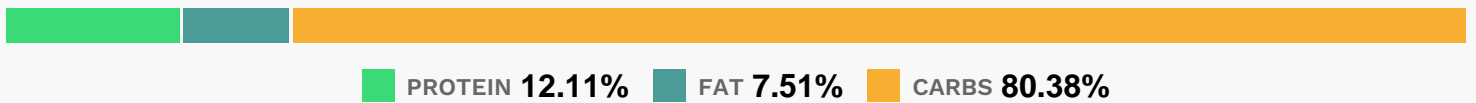
Equipment

- food processor
- bowl
- ladle
- blender
- dutch oven

Directions

- In Dutch oven, mix squash, apple, onion, brown sugar, salt, cinnamon and pepper.
- Add broth. Cover; heat to boiling over medium-high heat. Reduce heat; simmer about 20 minutes or until squash is tender.
- In blender or food processor, place one-third of mixture. Cover; blend until smooth. Repeat twice to use up remaining soup. Return to Dutch oven, stir in milk and yogurt.
- Heat over low heat, stirring occasionally, just until heated through. Ladle into bowls; sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:15.126521634019%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 128.08kcal (6.4%), Fat: 1.17g (1.8%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 24.29g (8.83%), Sugar: 12.81g (14.24%), Cholesterol: 4.93mg (1.64%), Sodium: 577.54mg (25.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Vitamin A: 14971.11IU (299.42%), Vitamin C: 32.7mg (39.64%), Manganese: 0.4mg (20.06%), Potassium: 661.87mg (18.91%), Fiber: 3.91g (15.66%), Calcium: 152.49mg (15.25%), Magnesium: 59.29mg (14.82%), Vitamin E: 2.12mg (14.15%), Vitamin B6: 0.28mg (13.87%), Vitamin B1: 0.2mg (13.04%), Phosphorus: 115.44mg (11.54%), Folate: 45.58µg (11.4%), Vitamin B2: 0.17mg (10.27%), Vitamin B3: 1.98mg (9.91%), Vitamin B5: 0.84mg (8.37%), Copper: 0.14mg (6.8%), Iron: 1.19mg (6.6%), Vitamin B12: 0.27µg (4.51%), Zinc: 0.62mg (4.16%), Vitamin K: 4.05µg (3.85%), Selenium: 2.4µg (3.42%), Vitamin D: 0.25µg (1.68%)