



## Autumn Squash Soup with Orange Zest and Nutmeg



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



151 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 2 small acorn squashes peeled seeded cut into 1/2-inch dice
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 leeks white green thinly sliced
- ☐ 1 of orange zest
- ☐ 1 tablespoon butter unsalted
- ☐ 4 cups vegetable stock (or broth)

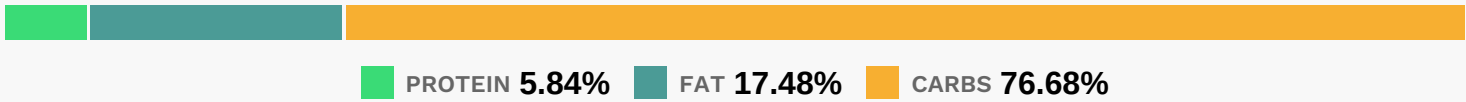
### Equipment

- ☐ food processor
- ☐ blender

## Directions

- ☐ Melt butter over low heat. Stir in leeks and cook until softened.
- ☐ Add zest, squash, and nutmeg; stir for 2 minutes.
- ☐ Add stock; bring to a boil. Simmer over medium heat, covered, until squash is tender, about 15 to 20 minutes. Puree in a food processor or blender (do in two batches). Season with salt and freshly ground pepper.

## Nutrition Facts



## Properties

Glycemic Index:36.75, Glycemic Load:3.14, Inflammation Score:-9, Nutrition Score:13.847825939565%

## Flavonoids

Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 151.09kcal (7.55%), Fat: 3.23g (4.97%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 31.91g (10.64%), Net Carbohydrates: 27.82g (10.12%), Sugar: 3.77g (4.19%), Cholesterol: 7.53mg (2.51%), Sodium: 955.78mg (41.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin A: 2121.89IU (42.44%), Vitamin C: 29.39mg (35.62%), Manganese: 0.58mg (28.88%), Potassium: 829.69mg (23.71%), Vitamin B1: 0.33mg (21.95%), Vitamin B6: 0.44mg (21.81%), Magnesium: 81.77mg (20.44%), Vitamin K: 21.16µg (20.15%), Folate: 65.39µg (16.35%), Fiber: 4.09g (16.34%), Iron: 2.45mg (13.61%), Calcium: 98.84mg (9.88%), Copper: 0.2mg (9.78%), Phosphorus: 94.31mg (9.43%), Vitamin B5: 0.93mg (9.29%), Vitamin B3: 1.69mg (8.46%), Vitamin E: 0.49mg (3.27%), Zinc: 0.34mg (2.27%), Selenium: 1.56µg (2.23%), Vitamin B2: 0.04mg (2.14%)