

Best Butternut Squash Soup Ever

 **Gluten Free**

READY IN



25 min.

SERVINGS



4

CALORIES



175 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 tablespoons butter
- 0.5 butternut squash peeled seeded cut into 1-inch cubes
- 0.5 cube chicken bouillon
- 4 cups chicken stock see
- 2 sprigs thyme sprigs fresh
- 2 cloves garlic
- 1 pinch ground allspice
- 1 pinch ground cumin

4 servings pepper black to taste

0.5 onion sliced

Equipment

bowl

pot

blender

kitchen towels

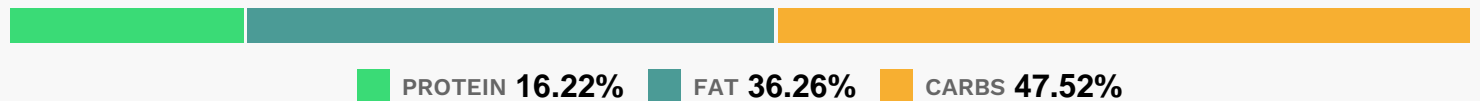
Directions

Melt the butter in a large pot over medium heat; cook the onion, garlic, and thyme in the hot butter until the onion has softened, about 5 minutes.

Add the squash and chicken stock; bring to a simmer and cook until the squash is tender, 10 to 15 minutes. Crumble the bouillon into the soup; season with cumin, allspice, salt, and pepper; remove from heat.

Pour the soup into a blender, filling the pitcher no more than halfway. Hold the lid of the blender in place with a kitchen towel and carefully start the blender using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a serving bowl. Alternately, you can use a stick blender and puree the soup in the pot.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:0.46, Inflammation Score:-10, Nutrition Score:13.857391291338%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 174.95kcal (8.75%), Fat: 7.27g (11.19%), Saturated Fat: 3.5g (21.88%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 19.2g (6.98%), Sugar: 6.46g (7.17%), Cholesterol: 18.49mg (6.16%), Sodium: 382.16mg (16.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.65%), Vitamin A: 10129.32IU (202.59%), Vitamin C: 22.48mg (27.24%), Vitamin B3: 4.96mg (24.79%), Potassium: 614.7mg (17.56%), Vitamin B6: 0.33mg (16.41%), Vitamin B2: 0.23mg (13.68%), Manganese: 0.26mg (12.79%), Vitamin B1: 0.19mg (12.53%), Magnesium: 44.46mg (11.12%), Copper: 0.21mg (10.58%), Phosphorus: 104.15mg (10.42%), Vitamin E: 1.55mg (10.33%), Folate: 40.39µg (10.1%), Fiber: 2.25g (9%), Selenium: 6.09µg (8.7%), Iron: 1.33mg (7.4%), Calcium: 62.38mg (6.24%), Vitamin B5: 0.41mg (4.1%), Zinc: 0.53mg (3.56%), Vitamin K: 2.12µg (2.02%)