



 **40%**
HEALTH SCORE

Brie's Butternut Squash Bisque

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 apples sweet such as golden delicious (1 1/4 lb. total)
- 2.5 pounds butternut squash
- 0.1 teaspoon pepper hot
- 0.5 cup wine dry white
- 3 cups fat-skimmed beef broth
- 3 tablespoons chives fresh minced
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger

- 0.3 teaspoon nutmeg
- 4 servings salt and pepper

Equipment

- food processor
- bowl
- frying pan
- ladle
- oven
- blender
- baking pan

Directions

- Rinse squash; cut in half lengthwise and scoop out seeds.
- Place halves cut side down in a 12- by 17-inch baking pan. Peel, halve, and core apples; add to pan, along with 1/4 cup water.
- Bake in a 400 regular or convection oven until squash and apples are tender when pierced, about 45 minutes. When cool enough to handle, scoop flesh of squash from peels; discard peels.
- In a blender or food processor, in batches if necessary, whirl squash, apples, and broth until smooth.
- Pour pure into a 3- to 4-quart pan.
- Add wine, cinnamon, nutmeg, ginger, and chili flakes. Bring to a simmer over medium-high heat; reduce heat and simmer, stirring occasionally, to blend flavors, about 15 minutes.
- Add salt and pepper to taste.
- Ladle soup into wide bowls and garnish with chives.

Nutrition Facts



PROTEIN 7.11% **FAT 3.33%** **CARBS 89.56%**

Properties

Glycemic Index:41.75, Glycemic Load:5.14, Inflammation Score:-10, Nutrition Score:23.780434836512%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.44mg, Epicatechin: 10.44mg, Epicatechin: 10.44mg, Epicatechin: 10.44mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 232.2kcal (11.61%), Fat: 0.88g (1.36%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 53.38g (17.79%), Net Carbohydrates: 44.24g (16.09%), Sugar: 21.07g (23.41%), Cholesterol: 0mg (0%), Sodium: 905.48mg (39.37%), Alcohol: 3.09g (100%), Alcohol %: 0.63% (100%), Protein: 4.24g (8.47%), Vitamin A: 30326.26IU (606.53%), Vitamin C: 67.13mg (81.37%), Manganese: 0.75mg (37.57%), Fiber: 9.13g (36.54%), Potassium: 1226.88mg (35.05%), Vitamin E: 4.36mg (29.06%), Magnesium: 109.53mg (27.38%), Vitamin B6: 0.54mg (26.85%), Vitamin B3: 4.55mg (22.73%), Vitamin B1: 0.32mg (21.5%), Folate: 85.14µg (21.28%), Calcium: 157.8mg (15.78%), Vitamin B5: 1.44mg (14.44%), Iron: 2.56mg (14.19%), Copper: 0.28mg (14.06%), Phosphorus: 134.74mg (13.47%), Vitamin K: 11.14µg (10.61%), Vitamin B2: 0.14mg (8%), Selenium: 5.3µg (7.57%), Vitamin B12: 0.34µg (5.67%), Zinc: 0.58mg (3.83%)