



Broccoli Rabe, Butternut Squash, and White Bean Soup



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces broccoli rabe trimmed (rapini)
- ☐ 2 cups butternut squash cubed peeled ()
- ☐ 16 ounce cannellini beans beans white rinsed drained canned
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon olive oil divided
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 teaspoon salt

☐ 4.5 cups rich turkey stock

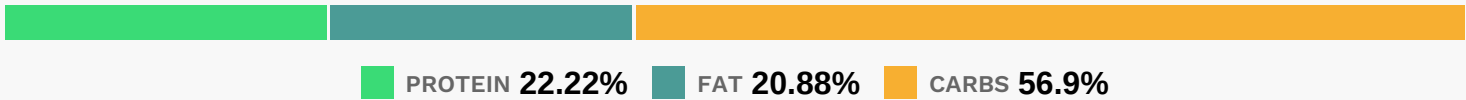
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 45
- ☐ Arrange squash in a single layer on a jelly roll pan coated with cooking spray.
- ☐ Drizzle with 1 1/2 teaspoons oil; toss well to coat.
- ☐ Bake at 450 for 25 minutes or until lightly browned. Set aside.
- ☐ Cut the broccoli rabe crosswise into thirds. Cook broccoli rabe in boiling water 5 minutes; drain. Set aside.
- ☐ Heat 1 1/2 teaspoons oil in a large saucepan over medium heat.
- ☐ Add onion and garlic; cook 5 minutes, stirring frequently.
- ☐ Add squash, stock, and beans; cook 10 minutes.
- ☐ Place 1 1/2 cups vegetable mixture in a blender or food processor; process until smooth. Return pured mixture to pan; stir in broccoli rabe and salt. Cook 5 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:6.27, Inflammation Score:-10, Nutrition Score:29.384782583817%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg

Nutrients (% of daily need)

Calories: 309.12kcal (15.46%), Fat: 7.39g (11.38%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 45.35g (15.12%), Net Carbohydrates: 36.62g (13.32%), Sugar: 7.15g (7.94%), Cholesterol: 7.98mg (2.66%), Sodium: 554.13mg (24.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.7g (35.41%), Vitamin A: 8936.1IU (178.72%), Vitamin K: 133.8µg (127.43%), Manganese: 0.99mg (49.4%), Folate: 156.8µg (39.2%), Fiber: 8.73g (34.92%), Vitamin C: 28.4mg (34.42%), Potassium: 1184.1mg (33.83%), Iron: 5.73mg (31.82%), Vitamin B3: 5.89mg (29.47%), Magnesium: 106.94mg (26.74%), Vitamin B1: 0.37mg (24.97%), Phosphorus: 246.49mg (24.65%), Copper: 0.49mg (24.56%), Vitamin B6: 0.49mg (24.27%), Vitamin E: 3.41mg (22.74%), Vitamin B2: 0.36mg (21.27%), Calcium: 191.68mg (19.17%), Zinc: 2.23mg (14.85%), Selenium: 8.79µg (12.56%), Vitamin B5: 0.7mg (7.01%)