



## Butternut and Acorn Squash Soup

 Popular

READY IN



80 min.

SERVINGS



8

CALORIES



142 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 cups acorn squash cooked mashed
- 2 tablespoons butter
- 1 dash cayenne pepper
- 0.3 cup celery chopped
- 1 teaspoon chicken soup base
- 2 cups chicken broth
- 5 bacon strips crumbled cooked
- 0.3 teaspoon curry powder

- 0.5 teaspoon dill weed
- 12 ounce evaporated milk canned
- 2 tablespoons flour all-purpose
- 1 small onion
- 8 servings salt and pepper to taste

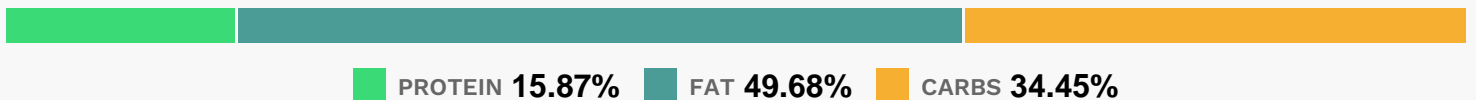
## Equipment

- food processor
- frying pan
- oven
- pot
- blender
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place the squash halves cut side down in a baking dish.
- Bake 45 minutes, or until tender.
- Remove from heat, and cool slightly. Scoop the pulp from the skins. Discard skins.
- Melt the butter in a skillet over medium heat, and saute the onion until tender.
- In a blender or food processor, blend the squash pulp, onion, broth, brown sugar, cream cheese, pepper, and cinnamon until smooth. This may be done in several batches.
- Transfer the soup to a pot over medium heat, and cook, stirring occasionally, until heated through.
- Garnish with parsley, and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:23.25, Glycemic Load:1.23, Inflammation Score:-5, Nutrition Score:6.2856521826723%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

## Nutrients (% of daily need)

Calories: 142.18kcal (7.11%), Fat: 8.04g (12.37%), Saturated Fat: 3.17g (19.84%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 11.48g (4.18%), Sugar: 4.99g (5.54%), Cholesterol: 18.49mg (6.16%), Sodium: 638.05mg (27.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.56%), Calcium: 136.74mg (13.67%), Phosphorus: 133.77mg (13.38%), Vitamin B2: 0.2mg (11.88%), Potassium: 373.08mg (10.66%), Vitamin B1: 0.15mg (10.27%), Vitamin C: 7.36mg (8.92%), Vitamin A: 443.18IU (8.86%), Magnesium: 31.21mg (7.8%), Manganese: 0.15mg (7.48%), Vitamin B6: 0.14mg (7.21%), Selenium: 4.78µg (6.84%), Vitamin B3: 1.24mg (6.22%), Vitamin B5: 0.57mg (5.74%), Folate: 18.79µg (4.7%), Fiber: 1.06g (4.25%), Zinc: 0.63mg (4.17%), Iron: 0.67mg (3.74%), Copper: 0.06mg (3.15%), Vitamin B12: 0.14µg (2.31%), Vitamin E: 0.25mg (1.67%), Vitamin K: 1.29µg (1.23%)