



Butternut and Apple Harvest Soup



Vegetarian



Gluten Free



Popular

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READY IN

ready

65 min.

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SERVINGS

servings

4

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CALORIES

calories

417 kcal

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SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 cups butternut squash cubed
- ☐ 1 cup carrots diced
- ☐ 1 quart chicken stock see
- ☐ 2 tablespoons chives chopped
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 apples i use 2 granny smith apples cored peeled sliced
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 2 large leeks white green chopped and pale parts only
- ☐ 0.5 cup cup heavy whipping cream light
- ☐ 1 large onion chopped
- ☐ 1 large potatoes cubed peeled
- ☐ 4 servings salt and pepper to taste

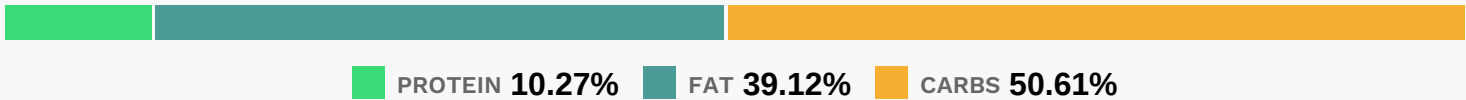
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Melt butter in a large pot over medium heat. Stir in leeks and onions, and cook until the onion softens and turns translucent, about 5 minutes.
- ☐ Add potato, squash, carrots, apple, and chicken stock. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the vegetables are soft, about 20 minutes.
- ☐ Carefully puree the soup in batches in a blender, or use a stick blender to puree the soup right in the pot. Once the soup has been pureed, return it to the pot and stir in wine and cream. Season with nutmeg, salt, and pepper; simmer gently for 5 minutes. Ladle into bowls and garnish with chopped chives.

Nutrition Facts



Properties

Glycemic Index:100.4, Glycemic Load:17.11, Inflammation Score:-10, Nutrition Score:23.747826161592%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.12mg,

Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 10.27mg, Quercetin: 10.27mg, Quercetin: 10.27mg, Quercetin: 10.27mg

Nutrients (% of daily need)

Calories: 417.46kcal (20.87%), Fat: 18.28g (28.13%), Saturated Fat: 10.26g (64.15%), Carbohydrates: 53.22g (17.74%), Net Carbohydrates: 46.3g (16.84%), Sugar: 15.82g (17.57%), Cholesterol: 55.31mg (18.44%), Sodium: 629.36mg (27.36%), Alcohol: 1.54g (100%), Alcohol %: 0.32% (100%), Protein: 10.8g (21.59%), Vitamin A: 14105.98IU (282.12%), Vitamin C: 46.5mg (56.36%), Vitamin B6: 0.75mg (37.71%), Potassium: 1215.35mg (34.72%), Vitamin K: 33.84µg (32.23%), Manganese: 0.63mg (31.71%), Vitamin B3: 6.17mg (30.85%), Fiber: 6.92g (27.68%), Folate: 91.76µg (22.94%), Vitamin B1: 0.31mg (20.62%), Phosphorus: 205.96mg (20.6%), Magnesium: 81.4mg (20.35%), Vitamin B2: 0.34mg (20.13%), Copper: 0.38mg (18.95%), Iron: 2.95mg (16.39%), Vitamin E: 2.23mg (14.84%), Calcium: 125.31mg (12.53%), Selenium: 6.75µg (9.64%), Vitamin B5: 0.87mg (8.73%), Zinc: 1.03mg (6.84%), Vitamin D: 0.18µg (1.19%), Vitamin B12: 0.07µg (1.19%)