

Butternut Soup

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



176 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon butter
- 2 pounds butternut squash cubed
- 1 dash ground cinnamon
- 1 dash ground cloves
- 1 dash nutmeg
- 0.5 cup cup heavy whipping cream
- 2 onion chopped
- 6 servings salt and pepper to taste

4 cups vegetable stock

Equipment

food processor

blender



microwave

Directions

In a large microwave safe dish combine squash, onions and butter. Cover and microwave on high for 4 minutes. Peel squash. Stir in broth and cook on high for another 20 to 25 minutes, or until squash is tender. Puree squash, onions and broth in a food processor or blender.

Add cream, salt and pepper, and microwave on high for another 3 to 4 minutes, or until heated through. Flavor with nutmeg, cloves and cinnamon to taste.

Nutrition Facts

 **PROTEIN 5.32%**  **FAT 44.17%**  **CARBS 50.51%**

Properties

Glycemic Index:32.83, Glycemic Load:1.7, Inflammation Score:-10, Nutrition Score:14.298695621283%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 176.45kcal (8.82%), Fat: 9.32g (14.35%), Saturated Fat: 5.86g (36.62%), Carbohydrates: 24g (8%), Net Carbohydrates: 20.17g (7.33%), Sugar: 6.85g (7.61%), Cholesterol: 27.43mg (9.14%), Sodium: 848.83mg (36.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.05%), Vitamin A: 16757.51IU (335.15%), Vitamin C: 34.6mg (41.93%), Manganese: 0.49mg (24.38%), Potassium: 608.19mg (17.38%), Vitamin E: 2.44mg (16.26%), Fiber: 3.83g (15.31%), Magnesium: 57.35mg (14.34%), Vitamin B6: 0.28mg (14.25%), Folate: 48.83µg (12.21%), Vitamin B1: 0.17mg (11.53%), Calcium: 97.81mg (9.78%), Vitamin B3: 1.88mg (9.39%), Phosphorus: 73.23mg (7.32%), Vitamin B5: 0.7mg (7.04%), Iron: 1.2mg (6.64%), Copper: 0.13mg (6.42%), Vitamin B2: 0.08mg (4.63%), Vitamin K: 2.9µg (2.76%), Zinc: 0.35mg (2.33%), Selenium: 1.58µg (2.25%), Vitamin D: 0.32µg (2.12%)