



Butternut Squash and Apple Cider Soup

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 apples peeled chopped
- 0.5 gallon apple cider
- 2 tablespoons butter
- 1 butternut squash peeled seeded cut into large chunks
- 1 large carrots diced peeled
- 2 stalks celery chopped
- 28 ounce chicken broth canned
- 0.5 teaspoon ground cinnamon

- 0.3 teaspoon ground cloves
- 1 pinch ground nutmeg to taste
- 0.8 cup half-and-half cream
- 1 onion diced
- 0.5 cup cup heavy whipping cream sour or as needed
- 2 potatoes white peeled chopped

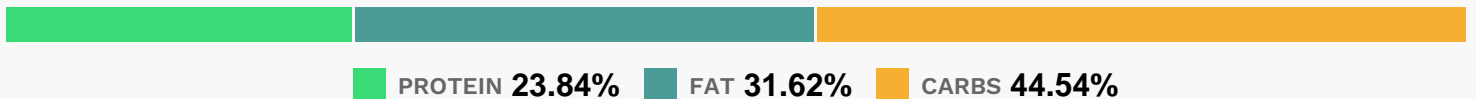
Equipment

- bowl
- pot
- immersion blender

Directions

- Heat butter in a large pot over medium heat; cook and stir onion in the melted butter until translucent, 5 to 10 minutes.
- Add butternut squash, potatoes, apple, carrot, and celery to onion; pour in chicken broth and enough apple cider to cover vegetables. Bring mixture to a boil and cover pot. Reduce heat and simmer, adding more apple cider as needed, until vegetables are tender, 35 to 40 minutes.
- Blend vegetable mixture with an immersion blender until smooth; stir in cream, cinnamon, and cloves. Simmer until heated through, 5 to 10 minutes. Spoon soup into serving bowls; top each with about 1 tablespoon sour cream and a pinch of nutmeg.

Nutrition Facts



Properties

Glycemic Index:48.42, Glycemic Load:17.61, Inflammation Score:-10, Nutrition Score:21.374782528566%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin:

0.06mg, Epigallocatechin: 0.06mg Epicatechin: 12.86mg, Epicatechin: 12.86mg, Epicatechin: 12.86mg, Epicatechin: 12.86mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 474.14kcal (23.71%), Fat: 16.86g (25.94%), Saturated Fat: 7.22g (45.1%), Carbohydrates: 53.44g (17.81%), Net Carbohydrates: 48.85g (17.76%), Sugar: 30.13g (33.48%), Cholesterol: 73.56mg (24.52%), Sodium: 550.01mg (23.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.61g (57.21%), Vitamin A: 11963.4IU (239.27%), Vitamin C: 33.44mg (40.53%), Potassium: 1049.28mg (29.98%), Selenium: 20.51µg (29.3%), Vitamin B6: 0.56mg (28.22%), Manganese: 0.54mg (27.16%), Phosphorus: 269.3mg (26.93%), Vitamin B3: 4.33mg (21.64%), Magnesium: 81.27mg (20.32%), Zinc: 3mg (20.03%), Fiber: 4.59g (18.35%), Vitamin B12: 1.07µg (17.86%), Vitamin B2: 0.26mg (15.41%), Iron: 2.71mg (15.05%), Vitamin B1: 0.21mg (13.74%), Calcium: 135.93mg (13.59%), Vitamin E: 2.03mg (13.51%), Folate: 44.47µg (11.12%), Copper: 0.22mg (10.85%), Vitamin K: 9.68µg (9.22%), Vitamin B5: 0.82mg (8.15%)