



Butternut Squash and Apple Soup

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



287 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup apple cider
- 6 cups butternut squash cubes
- 0.5 cup carrots chopped
- 0.5 cup celery chopped
- 5 cups chicken stock see
- 0.5 teaspoon sage dried
- 1.5 teaspoons thyme leaves dried
- 2 small granny smith apples diced cored

- 2 cups leeks light white green chopped
- 6 servings salt to taste
- 5 tablespoons butter unsalted

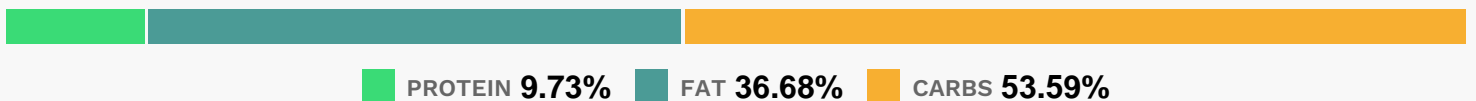
Equipment

- pot
- blender

Directions

- Melt butter in a large pot over medium-high heat.
- Saute butternut squash, leeks, carrots, and celery in hot butter until vegetables are softened, 10 to 12 minutes.
- Stir apples, thyme, and sage into the squash mixture; pour in chicken stock and cider. Bring mixture to a simmer, reduce heat to low, cover pot with a lid, and cook until vegetables and apples are tender, about 30 minutes.
- Remove soup from heat and cool slightly, about 10 minutes.
- Pour soup into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth. Return mixture to pot and season with salt to taste.
- Garnish individual servings with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:30.6, Glycemic Load:5.14, Inflammation Score:-10, Nutrition Score:19.553043530039%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 5.59mg, Epicatechin: 5.59mg, Epicatechin: 5.59mg, Epicatechin: 5.59mg Epigallocatechin 3-gallate:

0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 286.93kcal (14.35%), Fat: 12.29g (18.9%), Saturated Fat: 6.71g (41.96%), Carbohydrates: 40.38g (13.46%), Net Carbohydrates: 35.25g (12.82%), Sugar: 16.98g (18.86%), Cholesterol: 31.08mg (10.36%), Sodium: 508.91mg (22.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.67%), Vitamin A: 17531.06IU (350.62%), Vitamin C: 37.02mg (44.87%), Potassium: 910.05mg (26%), Vitamin B3: 5.18mg (25.91%), Manganese: 0.52mg (25.84%), Vitamin K: 26.1µg (24.85%), Vitamin B6: 0.46mg (22.85%), Fiber: 5.13g (20.54%), Vitamin E: 2.83mg (18.84%), Folate: 74.39µg (18.6%), Magnesium: 71.39mg (17.85%), Vitamin B1: 0.26mg (17.02%), Vitamin B2: 0.24mg (14.26%), Iron: 2.49mg (13.86%), Copper: 0.27mg (13.73%), Phosphorus: 127.86mg (12.79%), Calcium: 111.5mg (11.15%), Selenium: 5.61µg (8.01%), Vitamin B5: 0.71mg (7.14%), Zinc: 0.62mg (4.11%), Vitamin D: 0.17µg (1.17%)