



Butternut Squash and Apple Soup

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



318 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
- ☐ 5 slices bacon crumbled cooked
- ☐ 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

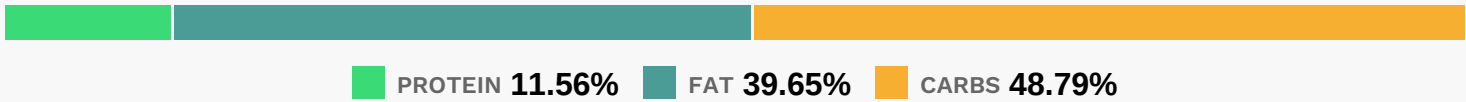
Equipment

- ☐ 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:20.511739207351%

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: 318.13kcal (15.91%), Fat: 14.63g (22.5%), Saturated Fat: 7.51g (46.96%), Carbohydrates: 40.49g (13.5%), Net Carbohydrates: 35.36g (12.86%), Sugar: 16.98g (18.86%), Cholesterol: 37.68mg (12.56%), Sodium: 620.91mg (27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.19%), Vitamin A: 17533.53IU (350.67%), Vitamin C: 37.02mg (44.87%), Vitamin B3: 5.88mg (29.41%), Potassium: 943.32mg (26.95%), Manganese: 0.52mg (25.91%), Vitamin K: 26.1µg (24.85%), Vitamin B6: 0.49mg (24.64%), Fiber: 5.13g (20.54%), Vitamin B1: 0.29mg (19.5%), Vitamin E: 2.85mg (19.02%), Folate: 74.39µg (18.6%), Magnesium: 73.45mg (18.36%), Phosphorus: 153.73mg (15.37%), Vitamin B2: 0.26mg (15.17%), Iron: 2.56mg (14.21%), Copper: 0.28mg (14.08%), Selenium: 8.99µg (12.84%), Calcium: 112.23mg (11.22%), Vitamin B5: 0.79mg (7.88%), Zinc: 0.82mg (5.47%), Vitamin B12: 0.09µg (1.54%), Vitamin D: 0.2µg (1.34%)