



Butternut Squash and Apple Soup

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



103 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.3 cups braeburn apple cubed peeled
- ☐ 1.3 pounds butternut squash cubed peeled
- ☐ 0.3 cup crème fraîche for garnish
- ☐ 0.3 teaspoon rubbed sage dried
- ☐ 0.5 cup evaporated milk fat-free
- ☐ 1 large garlic clove peeled smashed
- ☐ 0.1 teaspoon ground nutmeg

- ☐ 0.5 teaspoon kosher salt
- ☐ 2 cups less sodium chicken broth fat-free
- ☐ 1.5 teaspoons butter unsalted
- ☐ 1.3 cups vidalia sweet chopped

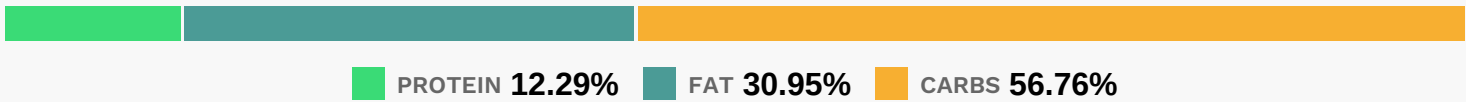
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Melt butter in large saucepan over medium heat.
- ☐ Add onion; saut 3 minutes.
- ☐ Add garlic and apple; cook, stirring constantly, 1 minute.
- ☐ Add squash and next 4 ingredients; stir 30 seconds or until well-combined.
- ☐ Add broth, and bring to a simmer. Reduce heat to medium-low; simmer 20 minutes or until squash and vegetables are tender.
- ☐ Place half of squash mixture in blender with 1/4 cup evaporated milk.
- ☐ Remove center of blender lid (to let steam escape); secure lid.
- ☐ Place clean towel over opening to avoid splatters; blend until smooth.
- ☐ Pour into bowl. Repeat with remaining squash and evaporated milk.
- ☐ Spoon 1/2 cup soup into small bowl or mini pumpkin. Swirl in 3/4 teaspoon crme frache, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.81, Inflammation Score:-10, Nutrition Score:10.576521762687%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 103.27kcal (5.16%), Fat: 3.84g (5.91%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 13.68g (4.97%), Sugar: 6.9g (7.66%), Cholesterol: 10.82mg (3.61%), Sodium: 187.19mg (8.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Vitamin A: 7651.83IU (153.04%), Vitamin C: 17.52mg (21.24%), Potassium: 411.7mg (11.76%), Manganese: 0.19mg (9.34%), Calcium: 92.38mg (9.24%), Phosphorus: 88.53mg (8.85%), Vitamin B3: 1.75mg (8.76%), Fiber: 2.17g (8.7%), Vitamin B6: 0.17mg (8.6%), Magnesium: 32.77mg (8.19%), Vitamin E: 1.14mg (7.59%), Folate: 27.28µg (6.82%), Vitamin B1: 0.09mg (6.3%), Vitamin B2: 0.1mg (6.18%), Copper: 0.11mg (5.36%), Vitamin B5: 0.45mg (4.49%), Iron: 0.76mg (4.23%), Zinc: 0.36mg (2.39%), Vitamin B12: 0.1µg (1.68%), Selenium: 1.17µg (1.68%), Vitamin K: 1.74µg (1.66%)