



Butternut Squash-And-Caramelized Onion Soup With Pesto



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



138 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.8 pounds butternut squash halved lengthwise
- ☐ 29 ounce less-sodium chicken broth fat-free canned
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons commercial pesto
- ☐ 3 cups vidalia sweet sliced (1 large)
- ☐ 0.5 cup sauternes

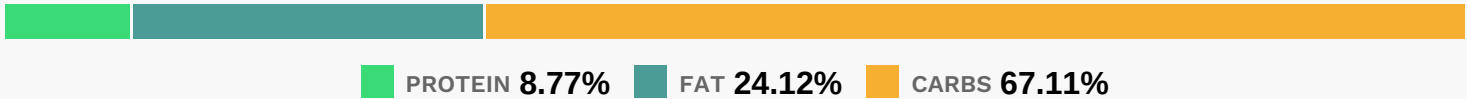
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Place butternut squash, cut side down, in a baking dish.
- ☐ Pour water to depth of 1/2 inch.
- ☐ Bake at 375 for 45 minutes or until very tender. Scoop out pulp; set aside.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add onion; cook 30 minutes or until golden brown, stirring frequently. Stir in wine and chicken broth. Bring to a boil; cover, reduce heat, and simmer 10 minutes or until onion is tender. Cool 5 minutes.
- ☐ Place half of onion mixture and half of squash in a blender; process at low speed until smooth. Return soup to pan; repeat procedure with remaining squash and onion. Bring to a boil; reduce heat, and simmer, uncovered, 5 minutes or until thoroughly heated. Ladle into bowls; spoon 1 teaspoon pesto into center of each bowl. Swirl soup and pesto together using the tip of a knife.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.08, Inflammation Score:-10, Nutrition Score:14.452608803044%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin:

0.11mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg, Quercetin: 11.62mg

Nutrients (% of daily need)

Calories: 138.15kcal (6.91%), Fat: 3.61g (5.56%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 22.62g (7.54%), Net Carbohydrates: 19.17g (6.97%), Sugar: 7.48g (8.32%), Cholesterol: 0.4mg (0.13%), Sodium: 619.89mg (26.95%), Alcohol: 2.06g (100%), Alcohol %: 0.69% (100%), Protein: 2.96g (5.91%), Vitamin A: 14164.85IU (283.3%), Vitamin C: 31.62mg (38.33%), Manganese: 0.37mg (18.33%), Potassium: 616.21mg (17.61%), Vitamin B6: 0.34mg (16.85%), Vitamin E: 2.11mg (14.09%), Folate: 55.69µg (13.92%), Magnesium: 55.55mg (13.89%), Fiber: 3.45g (13.78%), Vitamin B3: 2.48mg (12.4%), Vitamin B1: 0.18mg (11.71%), Calcium: 94.85mg (9.48%), Phosphorus: 83.93mg (8.39%), Copper: 0.17mg (8.34%), Iron: 1.42mg (7.87%), Vitamin B5: 0.78mg (7.81%), Selenium: 4.1µg (5.85%), Vitamin B12: 0.27µg (4.57%), Vitamin B2: 0.07mg (4.37%), Vitamin K: 2.58µg (2.46%), Zinc: 0.35mg (2.36%)