

food
network

 **9%**
HEALTH SCORE

Butternut Squash and Pear Soup

 **Gluten Free**

READY IN



40 min.

SERVINGS



6

CALORIES



282 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 tablespoons butter
- 1 medium butternut squash peeled seeded cut into 1-inch pieces
- 6 servings cup heavy whipping cream
- 1 quart chicken stock low sodium to cover
- 2 medium onion diced
- 4 pears peeled chopped
- 1 sprig rosemary
- 6 servings pepper black freshly ground

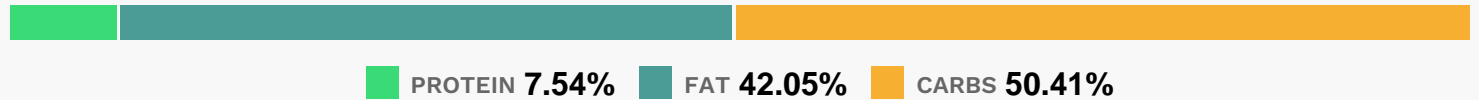
Equipment

- sauce pan
- immersion blender

Directions

- In a 4-quart saucepan melt the butter over medium-high heat, and add and sweat the onions.
- Add squash and pears and sweat those too a bit.
- Pour in the stock, enough to submerge solids.
- Add sprig of rosemary and bring to a simmer and cook until squash is fork tender about 15 to 18 minutes.
- Remove rosemary. Puree with immersion blender.
- Add a touch of cream and season, to taste.

Nutrition Facts



Properties

Glycemic Index:35.96, Glycemic Load:6.05, Inflammation Score:-10, Nutrition Score:16.316956463067%

Flavonoids

Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg, Cyanidin: 2.44mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 4.46mg, Epicatechin: 4.46mg, Epicatechin: 4.46mg, Epicatechin: 4.46mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg, Isorhamnetin: 2.19mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

Nutrients (% of daily need)

Calories: 282.02kcal (14.1%), Fat: 14.26g (21.95%), Saturated Fat: 8.6g (53.75%), Carbohydrates: 38.47g (12.82%), Net Carbohydrates: 31.64g (11.51%), Sugar: 16.52g (18.36%), Cholesterol: 37.02mg (12.34%), Sodium: 119.06mg

(5.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.5%), Vitamin A: 13772.71IU (275.45%), Vitamin C: 34.17mg (41.41%), Fiber: 6.83g (27.34%), Potassium: 784.81mg (22.42%), Vitamin B3: 3.91mg (19.55%), Manganese: 0.37mg (18.5%), Vitamin E: 2.31mg (15.37%), Vitamin B6: 0.29mg (14.64%), Magnesium: 57.49mg (14.37%), Copper: 0.29mg (14.26%), Folate: 49.97µg (12.49%), Phosphorus: 124.55mg (12.46%), Vitamin B1: 0.16mg (10.65%), Calcium: 98.22mg (9.82%), Vitamin B2: 0.14mg (8.51%), Iron: 1.53mg (8.49%), Vitamin K: 8.04µg (7.66%), Vitamin B5: 0.65mg (6.53%), Zinc: 0.57mg (3.82%), Vitamin B12: 0.2µg (3.29%), Selenium: 1.48µg (2.11%), Vitamin D: 0.24µg (1.6%)