



Butternut Squash & Apple Soup



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



120 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon five-spice powder chinese
- ☐ 0.5 cup apple juice unsweetened
- ☐ 8 cups butternut squash diced peeled seeded (1 large)
- ☐ 900 ml carton chicken broth
- ☐ 3 cloves garlic minced
- ☐ 2 tablespoons brown sugar
- ☐ 1 apples i use 2 granny smith apples diced peeled seeded
- ☐ 1 tablespoon buttery taste* margarine becel®

☐ 1 medium onion chopped

Equipment

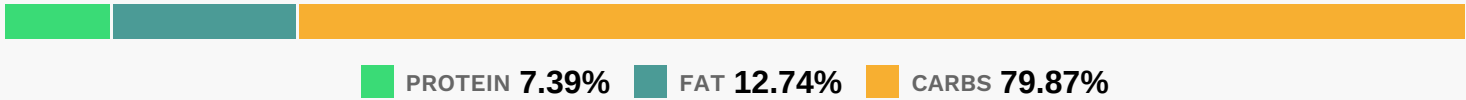
☐ pot

☐ blender

Directions

- ☐ In a large, heavy-bottomed soup pot set over medium heat, melt the margarine.
- ☐ Add the onions and garlic and sauté until softened for about 7 minutes.
- ☐ Sprinkle the five spice powder over the onions, stir and cook 1 minute more.
- ☐ Add in the squash, apple, broth and juice. Increase the heat to high and bring the mixture to a boil.
- ☐ Reduce the heat and simmer, covered for 30 minutes. Stir in the brown sugar.
- ☐ Purée the soup, in batches, in a blender until smooth. Return soup to the pot and heat through before serving.

Nutrition Facts



Properties

Glycemic Index:16.84, Glycemic Load:1.92, Inflammation Score:-10, Nutrition Score:13.460000023894%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 120.03kcal (6%), Fat: 1.87g (2.88%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 26.4g (8.8%), Net Carbohydrates: 22.75g (8.27%), Sugar: 10.92g (12.14%), Cholesterol: 2.23mg (0.74%), Sodium: 439.11mg (19.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.89%), Vitamin A: 14959.84IU (299.2%), Vitamin C: 31.97mg (38.75%), Manganese: 0.39mg (19.68%), Potassium: 583.12mg (16.66%), Fiber: 3.64g (14.57%), Vitamin E: 2.16mg (14.41%), Magnesium: 52.72mg (13.18%), Vitamin B6: 0.26mg (13%), Vitamin B1: 0.18mg (11.97%), Folate: 41.18µg (10.3%), Vitamin B3: 1.99mg (9.93%), Calcium: 82.89mg (8.29%), Copper: 0.14mg (6.81%), Iron: 1.2mg (6.65%), Vitamin B2: 0.11mg (6.37%), Vitamin B5: 0.62mg (6.21%), Phosphorus: 60.76mg (6.08%), Zinc: 0.34mg (2.27%), Selenium: 1.43µg (2.04%), Vitamin K: 2.11µg (2.01%)