



Butternut Squash & Apple Soup



Gluten Free



Popular

READY IN



50 min.

SERVINGS



8

CALORIES



203 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 slices bacon
- ☐ 1.5 pounds butternut squash peeled seeded cut into 1/2-inch pieces (3 1/2 to 4 cups)
- ☐ 1 carrots chopped
- ☐ 2 rib celery stalks chopped
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 medium apples i use 2 granny smith apples ()
- ☐ 2 cups chicken stock reduced-sodium
- ☐ 1 medium onion chopped

- ☐ 0.8 pound potato boiling
- ☐ 8 servings cream sour
- ☐ 2 cups water

Equipment

- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ slotted spoon

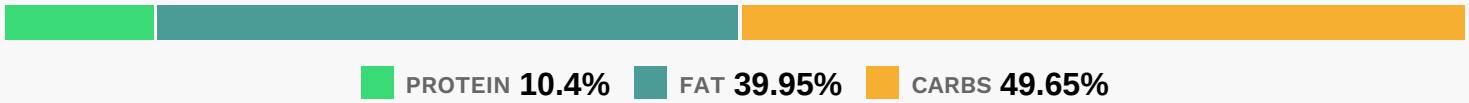
Directions

- ☐ Cook bacon in a 6-quart heavy pot over medium heat, stirring occasionally, until crisp, then transfer with a slotted spoon to paper towels to drain, reserving 2 tablespoons fat in pot. (
- ☐ Add vegetable oil if your bacon is very lean and doesn't yield enough fat.)
- ☐ Cook celery, carrot, and onion in fat in pot over low heat, covered, stirring occasionally, until softened but not browned, 10 to 12 minutes.
- ☐ Add cinnamon and cook, uncovered, stirring, 1 minute.
- ☐ While vegetables are cooking, peel potatoes and coarsely chop. Peel and core 1 apple and coarsely chop.
- ☐ Stir squash, potato, chopped apple, stock, 2 cups water, 1 teaspoon salt and 1/2 teaspoon pepper into onion mixture, then simmer, uncovered, stirring occasionally, until vegetables are very tender, 15 to 20 minutes.
- ☐ Puree soup in 4 batches in a blender (use caution when blending hot liquids), then heat in cleaned pot over medium low heat, stirring occasionally. (
- ☐ Add additional 1/2 cup water to thin, if necessary.)
- ☐ While soup is heating, cut enough of remaining apple into thin matchsticks (about 1 1/2-inches long) to measure about 1/2 cup.
- ☐ Serve soup topped with sour cream, bacon, and apple matchsticks.

•Soup can be made 2 days ahead and chilled, covered once cooled.

•Cooked bacon can be kept refrigerated in an airtight container. Reheat in a 375°F oven in a small baking pan.

Nutrition Facts



Properties

Glycemic Index:17.85, Glycemic Load:2.19, Inflammation Score:-10, Nutrition Score:13.930869566358%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 202.52kcal (10.13%), Fat: 9.49g (14.59%), Saturated Fat: 3.57g (22.28%), Carbohydrates: 26.53g (8.84%), Net Carbohydrates: 22.53g (8.19%), Sugar: 8.59g (9.54%), Cholesterol: 17.97mg (5.99%), Sodium: 151.14mg (6.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.11%), Vitamin A: 10424.49IU (208.49%), Vitamin C: 25.2mg (30.54%), Potassium: 685.35mg (19.58%), Fiber: 4g (16%), Vitamin B3: 3.13mg (15.63%), Vitamin B6: 0.3mg (15.2%), Manganese: 0.29mg (14.53%), Vitamin B1: 0.19mg (12.44%), Magnesium: 47.26mg (11.82%), Phosphorus: 116.35mg (11.63%), Vitamin E: 1.48mg (9.88%), Copper: 0.19mg (9.41%), Folate: 36.86µg (9.21%), Calcium: 71.29mg (7.13%), Iron: 1.22mg (6.77%), Vitamin B5: 0.66mg (6.57%), Selenium: 4.48µg (6.4%), Vitamin B2: 0.1mg (5.97%), Vitamin K: 4.5µg (4.29%), Zinc: 0.63mg (4.19%), Vitamin B12: 0.17µg (2.78%)