



Butternut Squash-Apple Soup

 Vegetarian  Gluten Free

READY IN



145 min.

SERVINGS



8

CALORIES



191 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 butternut squash seeds removed (3 1/2 lb. total) halved lengthwise
- ☐ 3 cloves garlic chopped
- ☐ 2 granny smith apples
- ☐ 6 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 6 cups chicken broth low-sodium
- ☐ 1.8 cups onion chopped
- ☐ 2 teaspoons pumpkin pie spice
- ☐ 8 servings salt and pepper

☐ 2 tablespoons butter unsalted

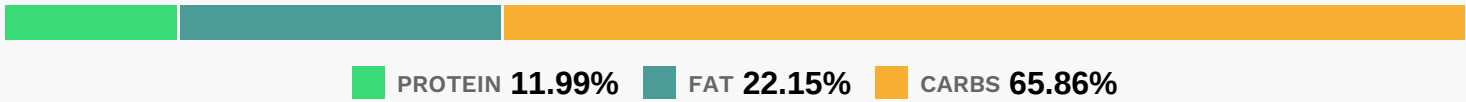
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375F; line a large baking sheet with foil.
- ☐ Place squash cut sides up on sheet, sprinkle with salt and pepper and cover with foil. Roast until soft, about 1 hour 15 minutes. Cool slightly, then scoop out flesh with a large spoon. Discard skins.
- ☐ In a large pot, melt butter over medium heat.
- ☐ Add onion, sprinkle with salt and cook, stirring, until soft, about 8 minutes. Do not allow onions to brown. Peel, core and roughly chop apples. When onion is soft, add garlic and chopped apples to pot and cook, stirring, for 3 minutes.
- ☐ Add pumpkin pie spice; stir for 1 minute. Stir in squash and broth; bring to a boil over high heat. Reduce heat to low and simmer until apples are completely soft, 25 minutes.
- ☐ Working in batches, puree soup in a blender until smooth. Season with salt and pepper. Return soup to pot and place over low heat to keep warm.
- ☐ Divide soup among 8bowls, drop a dollop of sour cream in the middle of each and serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:2.49, Inflammation Score:-10, Nutrition Score:18.281304316676%

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 Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

Nutrients (% of daily need)

Calories: 191.08kcal (9.55%), Fat: 5.22g (8.04%), Saturated Fat: 2.81g (17.56%), Carbohydrates: 34.95g (11.65%), Net Carbohydrates: 29.42g (10.7%), Sugar: 10.64g (11.83%), Cholesterol: 10.68mg (3.56%), Sodium: 264.55mg (11.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.73%), Vitamin A: 20074.91IU (401.5%), Vitamin C: 44.61mg (54.07%), Manganese: 0.54mg (26.92%), Potassium: 939.79mg (26.85%), Vitamin B3: 4.78mg (23.92%), Fiber: 5.53g (22.14%), Vitamin E: 2.91mg (19.38%), Vitamin B6: 0.38mg (19.25%), Magnesium: 73.23mg (18.31%), Folate: 59.89µg (14.97%), Vitamin B1: 0.22mg (14.53%), Phosphorus: 139.67mg (13.97%), Copper: 0.26mg (12.96%), Calcium: 126.96mg (12.7%), Iron: 1.94mg (10.77%), Vitamin B5: 0.83mg (8.31%), Vitamin B2: 0.13mg (7.4%), Zinc: 0.61mg (4.06%), Vitamin B12: 0.22µg (3.68%), Vitamin K: 3.65µg (3.48%), Selenium: 1.63µg (2.33%)