



Butternut Squash Bisque



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



102 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups rome apple peeled sliced
- ☐ 1 pound butternut squash
- ☐ 0.3 cup carrots sliced
- ☐ 1 stalk celery sliced
- ☐ 0.3 teaspoon rosemary dried
- ☐ 0.3 cup milk fat-free
- ☐ 1.8 cups chicken broth low-sodium
- ☐ 0.8 cup onion sliced

- ☐ 0.3 teaspoon oregano dried
- ☐ 0.8 cup potatoes peeled sliced

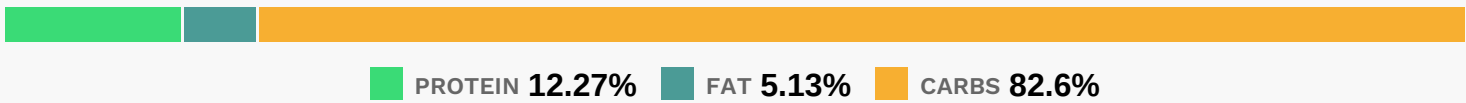
Equipment

- ☐ blender
- ☐ dutch oven

Directions

- ☐ Peel squash; cut in half, and remove seeds. Slice each half crosswise.
- ☐ Combine squash, celery, and next 7 ingredients in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 20 to 30 minutes or until tender.
- ☐ Process mixture, in batches, in container of an electric blender until smooth. Return puree to Dutch oven, and stir in milk. Cook over low heat, stirring constantly, until thoroughly heated.
- ☐ Note: The recipes in this book call for a variety of canned broths. You will see "low-sodium," "no-salt-added," or "fat-free, less-sodium," depending on the type used in testing. "Low-sodium" contains the lowest amount of sodium while "no-salt-added" is a little higher. "Fat-free, less-sodium" chicken broth contains from 390 milligrams to 570 milligrams sodium per cup compared to over 900 milligrams per cup for some brands of regular canned broth. You may substitute one type of broth for another--just realize the soup may taste more or less salty (and the sodium content will be different) if you do.

Nutrition Facts



Properties

Glycemic Index:54.97, Glycemic Load:5.71, Inflammation Score:-10, Nutrition Score:12.366956456848%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 102.47kcal (5.12%), Fat: 0.64g (0.99%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 23.31g (7.77%), Net Carbohydrates: 19.53g (7.1%), Sugar: 8.08g (8.98%), Cholesterol: 0.31mg (0.1%), Sodium: 40.91mg (1.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin A: 9299.86IU (186%), Vitamin C: 25.07mg (30.39%), Potassium: 567.83mg (16.22%), Fiber: 3.77g (15.09%), Vitamin B6: 0.26mg (13.17%), Manganese: 0.25mg (12.74%), Vitamin B3: 2.3mg (11.48%), Magnesium: 39.56mg (9.89%), Phosphorus: 86.08mg (8.61%), Folate: 33.83µg (8.46%), Vitamin E: 1.25mg (8.34%), Vitamin B1: 0.12mg (8.32%), Copper: 0.14mg (7.16%), Calcium: 69.16mg (6.92%), Iron: 1.04mg (5.76%), Vitamin K: 5.74µg (5.46%), Vitamin B5: 0.5mg (5.03%), Vitamin B2: 0.08mg (4.83%), Zinc: 0.38mg (2.55%), Vitamin B12: 0.13µg (2.13%), Selenium: 0.8µg (1.14%)