



Butternut Squash Chowder with Pears and Ginger



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



268 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounces baking potatoes diced peeled
- ☐ 2 bosc pear diced cored peeled
- ☐ 3 cups butternut squash diced peeled seeded
- ☐ 1 small carrots diced peeled
- ☐ 1 stalk celery diced
- ☐ 0.5 cup wine dry white
- ☐ 1 teaspoon ginger fresh minced peeled

- ☐ 1 tablespoon garlic minced
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 2 juice of lemon
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup orange juice freshly squeezed
- ☐ 6 servings salt to taste
- ☐ 5 cups vegetable stock store-bought
- ☐ 1 cup onion diced spanish peeled

Equipment

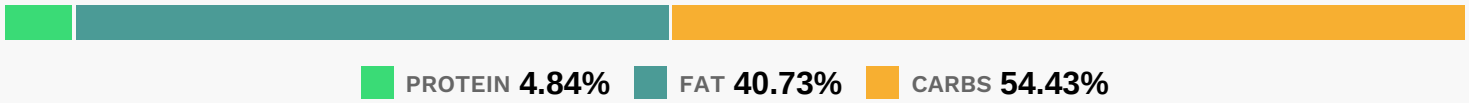
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Place the pears in a bowl with the lemon juice, cover with water, and set aside.
- ☐ In a large saucepan, heat the olive oil over high heat until lightly smoking.
- ☐ Add the onion, celery, and carrot, and sauté for 2 to 3 minutes, or until the onion is translucent.
- ☐ Add the garlic and ginger and sauté for 1 minute longer, stirring constantly.
- ☐ Add the white wine and reduce the liquid until the pan is almost dry, about 3 minutes.
- ☐ Drain half of the pears, reserving the other half in the lemon water for garnish.
- ☐ Add the drained pears to the pan with the squash, potato, and stock and bring to a boil. Reduce the heat to a simmer and cook for 30 minutes, or until the squash is tender.
- ☐ Transfer half of the soup in batches to a blender and puree until smooth. Strain through a fine-mesh sieve back into the saucepan with the unpureed mixture.

- ☐
- Add the orange juice, lemon juice, cream, salt, and the reserved pears and gently warm the chowder through (do not boil). The chowder can be made 1 day ahead.
- ☐
- Southwestern Vegetarian by Stephan Pyles Clarkson N. Potter

Nutrition Facts



Properties

Glycemic Index:59.56, Glycemic Load:12.88, Inflammation Score:-10, Nutrition Score:14.803043572799%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 3.12mg, Hesperetin: 3.12mg, Hesperetin: 3.12mg, Hesperetin: 3.12mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 267.53kcal (13.38%), Fat: 12.14g (18.67%), Saturated Fat: 5.26g (32.89%), Carbohydrates: 36.48g (12.16%), Net Carbohydrates: 31.84g (11.58%), Sugar: 13.14g (14.6%), Cholesterol: 22.41mg (7.47%), Sodium: 1003.52mg (43.63%), Alcohol: 2.06g (100%), Alcohol %: 0.53% (100%), Protein: 3.25g (6.5%), Vitamin A: 9608.98IU (192.18%), Vitamin C: 33.02mg (40.02%), Vitamin B6: 0.42mg (20.78%), Potassium: 700.8mg (20.02%), Fiber: 4.65g (18.6%), Manganese: 0.35mg (17.4%), Vitamin E: 2.04mg (13.62%), Magnesium: 50.88mg (12.72%), Folate: 47.78µg (11.94%), Vitamin B1: 0.16mg (10.76%), Vitamin K: 11.09µg (10.56%), Copper: 0.19mg (9.64%), Phosphorus: 93.13mg (9.31%), Vitamin B3: 1.76mg (8.8%), Calcium: 76.47mg (7.65%), Iron: 1.35mg (7.49%), Vitamin B5: 0.65mg (6.49%), Vitamin B2: 0.11mg (6.41%), Zinc: 0.49mg (3.28%), Selenium: 1.63µg (2.33%), Vitamin D: 0.32µg (2.12%)