



Butternut Squash-Parsnip Soup

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



125 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon pepper black freshly ground
- 36 ounce butternut squash frozen thawed
- 1.5 cups apples i use 2 granny smith apples peeled chopped (1 large)
- 0.1 teaspoon ground cumin
- 2 cups lower-sodium chicken broth fat-free
- 0.1 teaspoon paprika
- 2 cups parsnips chopped (3 large)
- 0.3 teaspoon salt

- 2 cups onion sweet chopped (1 large)
- 3 cups water
- 2 tablespoons whipping cream

Equipment

- bowl
- ladle
- blender
- slow cooker

Directions

- Combine first 8 ingredients in a 5-quart electric slow cooker. Cover and cook on LOW for 6 hours.
- Place one-fourth of squash mixture in a blender.
- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- Pour into a large bowl. Repeat procedure with remaining squash mixture. Stir in whipping cream, paprika, and cumin. Ladle soup into bowls; top each serving with sour cream and chives, if desired.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:3.15, Inflammation Score:-10, Nutrition Score:15.451304311662%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg

Nutrients (% of daily need)

Calories: 124.67kcal (6.23%), Fat: 1.67g (2.57%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 27.45g (9.15%), Net Carbohydrates: 22.27g (8.1%), Sugar: 8.96g (9.96%), Cholesterol: 4.24mg (1.41%), Sodium: 200.1mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Vitamin A: 13646.33IU (272.93%), Vitamin C: 35.47mg (42.99%), Manganese: 0.52mg (25.81%), Potassium: 774.59mg (22.13%), Fiber: 5.18g (20.72%), Folate: 66.84µg (16.71%), Vitamin E: 2.43mg (16.2%), Magnesium: 59.54mg (14.88%), Vitamin B6: 0.29mg (14.54%), Vitamin B1: 0.18mg (11.95%), Vitamin K: 10.08µg (9.6%), Vitamin B3: 1.85mg (9.24%), Copper: 0.18mg (8.95%), Calcium: 89.26mg (8.93%), Phosphorus: 81.91mg (8.19%), Vitamin B5: 0.78mg (7.77%), Iron: 1.28mg (7.1%), Vitamin B2: 0.06mg (3.78%), Zinc: 0.47mg (3.15%), Selenium: 1.56µg (2.24%)