



Butternut Squash-Parsnip Soup



Vegetarian



Gluten Free

READY IN



165 min.

SERVINGS



15

CALORIES



165 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 36 oz butternut squash frozen thawed
- ☐ 15 servings garnishes: cream fresh sour chopped
- ☐ 5 cups chicken broth fat-free low-sodium
- ☐ 1 apples i use 2 granny smith apples cored peeled chopped
- ☐ 0.1 teaspoon ground cumin
- ☐ 2 tablespoons olive oil
- ☐ 0.1 teaspoon paprika

- ☐ 3 parsnips peeled chopped
- ☐ 1 teaspoon pepper
- ☐ 1.5 teaspoons salt
- ☐ 1 large onion sweet chopped
- ☐ 0.3 cup whipping cream

Equipment

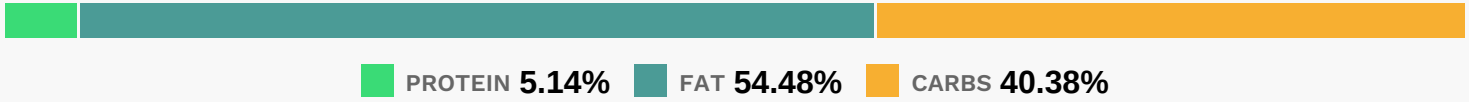
- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Melt butter with olive oil in a large Dutch oven over medium heat; add onion and next 4 ingredients, and saut 20 minutes or until onion is caramel colored.
- ☐ Add squash and chicken broth. Bring to a boil over medium-high heat. Reduce heat to medium, and simmer, stirring often, 10 minutes.
- ☐ Remove from heat; let stand 1 hour. If desired, cover and chill up to 2 days.
- ☐ Process squash mixture, in batches, in a blender or food processor until smooth, stopping to scrape down sides.
- ☐ Pour mixture into a 6-qt. slow cooker. Stir in whipping cream, paprika, and cumin. Cover and cook on LOW 2 hours, stirring occasionally.
- ☐ Garnish, if desired.
- ☐ *3 carrots, peeled and chopped, may be substituted.
- ☐ **1 (3- to 4-lb.) butternut squash may be substituted. Preheat oven to 40
- ☐ Cut squash in half; remove seeds.
- ☐ Place squash, cut sides down, on a lightly greased aluminum foil-lined baking sheet.

- ☐
- Bake at 400 for 45 minutes or until squash pulp is tender.
- ☐
- Remove from oven.
- ☐
- Let cool 20 minutes. Scoop out squash pulp, discarding shells. Note: For testing purposes only, we used McKenzie's Southland Microwaveable Butternut Squash.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:2.57, Inflammation Score:-10, Nutrition Score:12.467826138372%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 165.08kcal (8.25%), Fat: 10.57g (16.25%), Saturated Fat: 5.62g (35.09%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 14.21g (5.17%), Sugar: 6.03g (6.7%), Cholesterol: 25.45mg (8.48%), Sodium: 566.96mg (24.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.49%), Vitamin A: 7573.91IU (151.48%), Vitamin C: 21.29mg (25.81%), Manganese: 0.36mg (17.95%), Fiber: 3.41g (13.64%), Vitamin E: 1.96mg (13.08%), Potassium: 438.67mg (12.53%), Folate: 46.18µg (11.55%), Vitamin K: 10.15µg (9.67%), Magnesium: 37.16mg (9.29%), Vitamin B6: 0.18mg (9.22%), Vitamin B1: 0.12mg (7.77%), Vitamin B3: 1.51mg (7.56%), Phosphorus: 71.87mg (7.19%), Calcium: 65.9mg (6.59%), Vitamin B5: 0.63mg (6.31%), Copper: 0.12mg (6.03%), Vitamin B2: 0.09mg (5.26%), Iron: 0.9mg (4.98%), Selenium: 3.27µg (4.67%), Vitamin B12: 0.18µg (3.08%), Zinc: 0.38mg (2.56%), Vitamin D: 0.3µg (2.02%)