



Butternut Squash Soup

READY IN



50 min.

SERVINGS



6

CALORIES



177 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 6 servings pepper black freshly ground
- ☐ 2 pounds butternut squash diced peeled halved seeded
- ☐ 2 sage leaves fresh
- ☐ 4 cloves garlic smashed
- ☐ 2 teaspoons kosher salt
- ☐ 4 cups chicken broth low-sodium
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 onion thinly sliced

- ☐ 2 tablespoons parmesan freshly grated
- ☐ 2 medium plum tomatoes canned

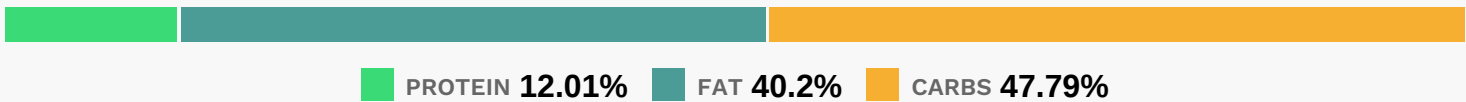
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ wooden spoon
- ☐ immersion blender

Directions

- ☐ Heat the olive oil in a soup pot over medium heat.
- ☐ Add the onion, garlic, sage, 1 teaspoon of the salt and season with pepper, to taste. Cook, covered, stirring occasionally, until soft and fragrant, about 15 minutes. Raise heat to medium-high, add the tomatoes, and cook, stirring with a wooden spoon, until the tomatoes break up and the onions brown slightly, about 7 minutes.
- ☐ Add the squash and the remaining teaspoon salt, and continue to cook, stirring occasionally, until the squash is tender, about 12 minutes.
- ☐ Add the broth, bring to a simmer, and cook, uncovered, until the vegetables tender, about 20 minutes. Set aside to cool slightly.
- ☐ Working in batches, puree the soup in a blender, or with an immersion blender. Return the soup to the pot and reheat over medium heat. Stir in the vinegar.
- ☐ Serve the soup in warm bowls with a touch of parmesan cheese if desired.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.87, Inflammation Score:-10, Nutrition Score:16.105217293391%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 176.66kcal (8.83%), Fat: 8.6g (13.23%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 23g (7.67%), Net Carbohydrates: 19.35g (7.04%), Sugar: 5.01g (5.57%), Cholesterol: 1.13mg (0.38%), Sodium: 857.57mg (37.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.56%), Vitamin A: 16258.55IU (325.17%), Vitamin C: 36.56mg (44.32%), Vitamin E: 3.31mg (22.05%), Potassium: 755.37mg (21.58%), Vitamin B3: 4.13mg (20.67%), Manganese: 0.4mg (20.18%), Vitamin B6: 0.31mg (15.69%), Magnesium: 58.63mg (14.66%), Fiber: 3.65g (14.61%), Copper: 0.26mg (12.91%), Phosphorus: 122.32mg (12.23%), Folate: 47.6µg (11.9%), Vitamin B1: 0.17mg (11.47%), Calcium: 109.81mg (10.98%), Iron: 1.59mg (8.85%), Vitamin K: 7.81µg (7.44%), Vitamin B5: 0.67mg (6.67%), Vitamin B2: 0.09mg (5.54%), Zinc: 0.52mg (3.49%), Vitamin B12: 0.18µg (2.96%), Selenium: 1.51µg (2.16%)