



Butternut Squash Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 pound butternut squash
- ☐ 0.8 pound carrots cut into chunks 8 carrots
- ☐ 2.5 cups chicken broth
- ☐ 0.5 teaspoon ground ginger
- ☐ 8 servings ground nutmeg
- ☐ 0.8 cup orange juice
- ☐ 2 tablespoons pecans toasted finely chopped
- ☐ 0.5 teaspoon salt

☐ 0.5 cup whipping cream

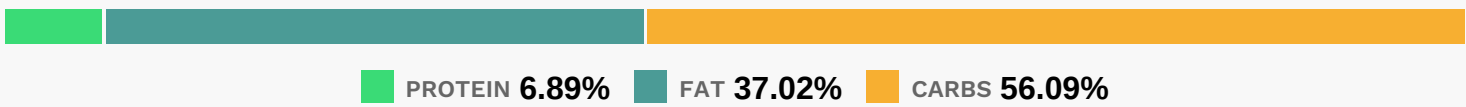
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Cut squash in half lengthwise; remove seeds.
- ☐ Place squash, cut sides down, in a shallow pan; add hot water to pan to depth of 3/4". Cover with aluminum foil, and bake at 400 for 40 minutes or until tender; drain. Scoop out pulp; mash. Discard shell. Cook carrot in boiling water 25 minutes or until tender; drain and mash.
- ☐ Combine squash, carrot, chicken broth, and next 3 ingredients in a bowl. Process half of mixture in a food processor or blender until smooth. Repeat procedure with remaining half of squash mixture.
- ☐ Place pureed mixture in a large saucepan; bring to a simmer. Stir in cream; return to a simmer.
- ☐ Remove from heat. To serve, ladle into individual bowls.
- ☐ Sprinkle with pecans and nutmeg.

Nutrition Facts



Properties

Glycemic Index:22.35, Glycemic Load:2.99, Inflammation Score:-10, Nutrition Score:18.086956438811%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 187.62kcal (9.38%), Fat: 8.37g (12.88%), Saturated Fat: 4.16g (26.01%), Carbohydrates: 28.54g (9.51%), Net Carbohydrates: 23.23g (8.45%), Sugar: 9.13g (10.15%), Cholesterol: 18.28mg (6.09%), Sodium: 458.54mg (19.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Vitamin A: 25455.54IU (509.11%), Vitamin C: 50.03mg (60.64%), Manganese: 0.65mg (32.7%), Potassium: 827.6mg (23.65%), Fiber: 5.31g (21.25%), Vitamin E: 2.94mg (19.6%), Magnesium: 74.23mg (18.56%), Vitamin B1: 0.26mg (17.4%), Vitamin B6: 0.34mg (17.22%), Folate: 63.66µg (15.92%), Vitamin B3: 2.79mg (13.95%), Calcium: 116.65mg (11.67%), Copper: 0.22mg (10.79%), Phosphorus: 97.93mg (9.79%), Vitamin B5: 0.91mg (9.07%), Iron: 1.58mg (8.78%), Vitamin B2: 0.14mg (8.33%), Vitamin K: 8.07µg (7.69%), Zinc: 0.62mg (4.11%), Selenium: 1.85µg (2.65%), Vitamin D: 0.24µg (1.59%)