



 13%
HEALTH SCORE

Butternut Squash Soup

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



206 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 pound butternut squash peeled seeded
- 6 cups chicken stock see
- 6 servings nutmeg
- 1 medium onion chopped
- 6 servings pepper black freshly ground
- 2 tablespoons butter unsalted

Equipment

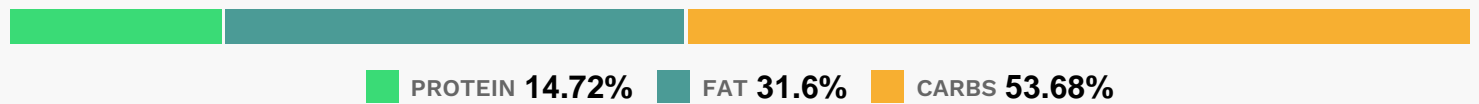
- pot

- blender
- slotted spoon

Directions

- Cut squash into 1-inch chunks. In large pot melt butter.
- Add onion and cook until translucent, about 8 minutes.
- Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes.
- Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper.
- Serve.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.79, Inflammation Score:-10, Nutrition Score:17.070000071888%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 205.98kcal (10.3%), Fat: 7.56g (11.64%), Saturated Fat: 3.73g (23.3%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 25.14g (9.14%), Sugar: 8.47g (9.41%), Cholesterol: 17.23mg (5.74%), Sodium: 350.83mg (15.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.93g (15.86%), Vitamin A: 16199.06IU (323.98%), Vitamin C: 33.65mg (40.79%), Vitamin B3: 5.66mg (28.28%), Potassium: 820.43mg (23.44%), Vitamin B6: 0.4mg (20.24%), Manganese: 0.4mg (20%), Vitamin B1: 0.25mg (16.73%), Magnesium: 66.76mg (16.69%), Vitamin E: 2.36mg (15.75%), Fiber: 3.78g (15.11%), Folate: 57.98µg (14.5%), Vitamin B2: 0.24mg (14.24%), Copper: 0.27mg (13.41%), Phosphorus: 125.55mg (12.55%), Iron: 1.67mg (9.29%), Calcium: 89.23mg (8.92%), Selenium: 6.21µg (8.87%), Vitamin B5: 0.63mg (6.34%), Zinc: 0.64mg (4.28%), Vitamin K: 2.71µg (2.58%)