



Butternut Squash Soup

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1.5 pounds butternut squash cubed peeled
- ☐ 0.8 cup carrots chopped
- ☐ 2.5 cups fat-skimmed beef broth fat-free
- ☐ 4 ounce bread french
- ☐ 0.3 cup half and half
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup onion sweet chopped

☐ 3 ounces swiss cheese thinly sliced

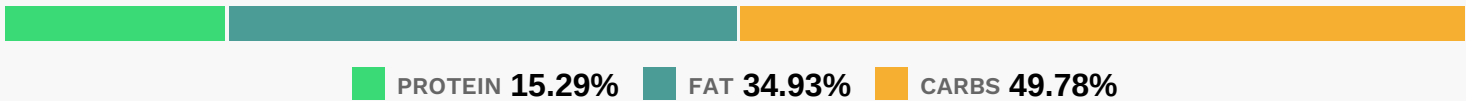
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ blender
- ☐ broiler

Directions

- ☐ To prepare soup, melt butter in a large saucepan over medium-high heat.
- ☐ Add squash, carrot, and onion; saut for 12 minutes.
- ☐ Add chicken broth, and bring to a boil. Cover, reduce heat, and simmer for 30 minutes.
- ☐ Remove from heat; stir in half-and-half and salt.
- ☐ Preheat broiler.
- ☐ Place squash mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape), and secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- ☐ To prepare toasts, arrange French bread on a baking sheet. Broil for 1 minute or until lightly toasted. Turn bread over, and top evenly with Swiss cheese. Broil for 1 minute or until bubbly.
- ☐ Serve toasts with soup.

Nutrition Facts



Properties

Glycemic Index:51.08, Glycemic Load:12.19, Inflammation Score:-10, Nutrition Score:22.71999997678%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 304.04kcal (15.2%), Fat: 12.34g (18.98%), Saturated Fat: 6.93g (43.28%), Carbohydrates: 39.56g (13.19%), Net Carbohydrates: 34.69g (12.61%), Sugar: 8.03g (8.93%), Cholesterol: 32.59mg (10.86%), Sodium: 919.63mg (39.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.16g (24.31%), Vitamin A: 22408.45IU (448.17%), Vitamin C: 38.23mg (46.34%), Calcium: 320.29mg (32.03%), Manganese: 0.56mg (27.93%), Vitamin B1: 0.41mg (27.49%), Selenium: 19.12µg (27.32%), Phosphorus: 252.56mg (25.26%), Folate: 93.85µg (23.46%), Potassium: 810.99mg (23.17%), Vitamin B3: 4.49mg (22.46%), Magnesium: 81.6mg (20.4%), Vitamin B6: 0.39mg (19.69%), Fiber: 4.88g (19.51%), Vitamin E: 2.92mg (19.45%), Vitamin B2: 0.3mg (17.51%), Vitamin B12: 0.96µg (16.01%), Iron: 2.66mg (14.77%), Vitamin B5: 1.17mg (11.69%), Copper: 0.23mg (11.3%), Zinc: 1.65mg (11.02%), Vitamin K: 6.04µg (5.75%)