



Butternut Squash Soup



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



30

CALORIES



71 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 lb butternut squash peeled cut into 1-inch pieces
- ☐ 2 carrots cut into 1-inch pieces
- ☐ 6 cups chicken broth
- ☐ 1 cup heavy whipping cream
- ☐ 0.5 teaspoon hot sauce
- ☐ 0.8 teaspoon kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon orange-flower water

- ☐ 1 teaspoon orange zest
- ☐ 30 servings paprika smoked
- ☐ 1 onion sweet chopped
- ☐ 0.5 teaspoon pepper white freshly ground
- ☐ 3 tablespoons citrus champagne vinegar

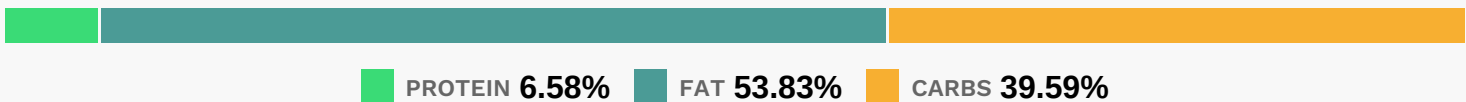
Equipment

- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ Saut carrots and onion in hot olive oil in a Dutch oven over medium-high heat 8 to 10 minutes or until lightly browned.
- ☐ Add squash, broth, and orange zest; bring to a boil. Cover, reduce heat to medium, and simmer 20 to 25 minutes or until squash is tender. Stir in cream and next 5 ingredients. Cool slightly (about 10 minutes).
- ☐ Process mixture with a handheld blender until smooth.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:2.06, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:8.2565217069958%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 71.05kcal (3.55%), Fat: 4.56g (7.01%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 6.06g (2.2%), Sugar: 2.28g (2.54%), Cholesterol: 9.9mg (3.3%), Sodium: 242.75mg (10.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.51%), Vitamin A: 6111.66IU (122.23%), Vitamin C: 10.51mg (12.74%), Vitamin E: 1.27mg (8.45%), Manganese: 0.15mg (7.29%), Potassium: 225.48mg (6.44%), Fiber: 1.49g (5.94%), Vitamin B6: 0.11mg (5.71%), Magnesium: 19.82mg (4.95%), Vitamin B1: 0.07mg (4.5%), Folate: 16.39µg (4.1%), Vitamin B2: 0.07mg (4.04%), Vitamin B3: 0.81mg (4.04%), Calcium: 35.07mg (3.51%), Iron: 0.63mg (3.51%), Phosphorus: 29.19mg (2.92%), Vitamin K: 2.97µg (2.83%), Copper: 0.06mg (2.81%), Vitamin B5: 0.25mg (2.53%), Zinc: 0.19mg (1.26%), Selenium: 0.78µg (1.11%)