



## Butternut Squash Soup



Vegetarian



Gluten Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



237 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 cup onion yellow chopped
- ☐ 0.8 cup celery chopped
- ☐ 0.8 cup carrots chopped
- ☐ 2 tablespoons butter unsalted
- ☐ 6 cups butternut squash peeled chopped (see How to Peel and Cut a Butternut Squash)
- ☐ 1 large baking apples are apples that have a sweet-tart balance and hold their shape when green cored peeled chopped (squash to apple ratio should be 3:1)
- ☐ 3 cups chicken stock see (or vegetable broth)
- ☐ 1 cup water

- ☐ 1 inches p of nutmeg
- ☐ 4 servings parsley fresh chopped
- ☐ 4 servings chives chopped
- ☐ 1 Dash paprika smoked
- ☐ 4 servings cup heavy whipping cream sour

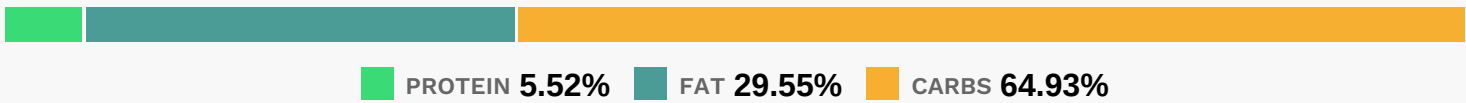
## Equipment

- ☐ pot
- ☐ blender
- ☐ immersion blender

## Directions

- ☐ Sauté onion, carrot, celery in butter:
- ☐ Heat a large thick-bottomed pot on medium-high heat. Melt the butter in the pot and let it foam up and recede.
- ☐ Add the onion, carrot, and celery and sauté for 5 minutes. Lower the heat if the vegetables begin to brown.
- ☐ Add the butternut squash, apple, broth, and water. Bring to boil. Reduce to a simmer, cover, and simmer for 30 minutes or so, until the squash and carrots have softened.
- ☐ Purée the soup: Use an immersion blender to purée the soup, or work in batches and purée the soup in a stand blender.
- ☐ Add seasonings:
- ☐ Add pinches of nutmeg, cinnamon, and cayenne.
- ☐ Add salt and pepper to taste.
- ☐ Garnish with chopped fresh parsley or chives and, if you want, a dollop of sour cream.

## Nutrition Facts



## Properties

Glycemic Index:68.71, Glycemic Load:4.77, Inflammation Score:-10, Nutrition Score:23.186087289582%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 9.16mg, Apigenin: 9.16mg, Apigenin: 9.16mg, Apigenin: 9.16mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 10.54mg, Quercetin: 10.54mg, Quercetin: 10.54mg, Quercetin: 10.54mg

Nutrients (% of daily need)

Calories: 237.19kcal (11.86%), Fat: 8.51g (13.09%), Saturated Fat: 4.91g (30.7%), Carbohydrates: 42.09g (14.03%), Net Carbohydrates: 34.65g (12.6%), Sugar: 15.5g (17.22%), Cholesterol: 22.13mg (7.38%), Sodium: 1003.27mg (43.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.16%), Vitamin A: 27577.1IU (551.54%), Vitamin K: 81.01µg (77.16%), Vitamin C: 57.64mg (69.87%), Fiber: 7.44g (29.75%), Potassium: 1030.84mg (29.45%), Manganese: 0.57mg (28.27%), Vitamin E: 3.65mg (24.36%), Vitamin B6: 0.46mg (22.84%), Magnesium: 87.95mg (21.99%), Folate: 85.53µg (21.38%), Vitamin B1: 0.27mg (17.7%), Calcium: 151.58mg (15.16%), Vitamin B3: 3.01mg (15.06%), Phosphorus: 114.46mg (11.45%), Iron: 2.06mg (11.44%), Vitamin B5: 1.11mg (11.09%), Copper: 0.22mg (11.08%), Vitamin B2: 0.12mg (7.22%), Zinc: 0.6mg (3.99%), Selenium: 1.89µg (2.7%)