



Butternut Squash Soup

READY IN



45 min.

SERVINGS



8

CALORIES



225 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 slices bacon
- ☐ 48 ounce butternut squash frozen thawed
- ☐ 2 carrots chopped
- ☐ 2 rib celery chopped
- ☐ 8 servings garnishes: cream sour red
- ☐ 32 ounce chicken broth fat-free low-sodium,
- ☐ 2 garlic cloves chopped
- ☐ 1 apples i use 2 granny smith apples peeled finely chopped
- ☐ 0.1 teaspoon ground allspice

- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 teaspoon ground pepper black
- ☐ 1.5 tablespoons honey
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 large onion chopped
- ☐ 8 servings try build-a-meal
- ☐ 2 teaspoons salt
- ☐ 0.3 cup whipping cream

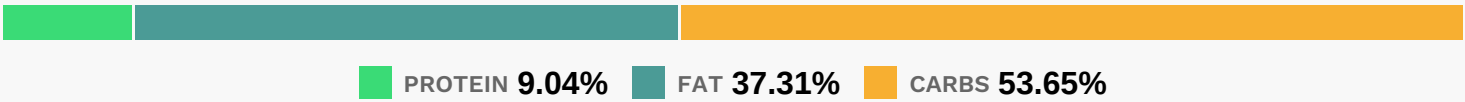
Equipment

- ☐ food processor
- ☐ paper towels
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Cook bacon slices in a Dutch oven until crisp.
- ☐ Remove bacon, and drain on paper towels, reserving 2 tablespoons drippings. Crumble bacon, and set aside.Saut onion and carrots in hot bacon drippings in Dutch oven over medium-high heat 5 minutes or until onion is tender.
- ☐ Add celery and apple, and saut 5 minutes.
- ☐ Add garlic, and saut 30 seconds.
- ☐ Add butternut squash and chicken broth. Bring to a boil; reduce heat, and simmer 20 minutes or until carrots are tender.Process squash mixture, in batches, in a blender or food processor until smooth.Return to Dutch oven.
- ☐ Add lime juice and next 7 ingredients. Simmer 10 to 15 minutes or until thickened. Top with crumbled bacon.
- ☐ Garnish, if desired.*3 pounds butternut squash, peeled, seeded, and chopped may be substituted for frozen butternut squash.Note: For testing purposes only, we used McKenzie's

Nutrition Facts



Properties

Glycemic Index:50.14, Glycemic Load:3.69, Inflammation Score:-10, Nutrition Score:18.683478396872%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 225.39kcal (11.27%), Fat: 10.1g (15.53%), Saturated Fat: 4.04g (25.26%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 27.08g (9.85%), Sugar: 11.55g (12.83%), Cholesterol: 19.29mg (6.43%), Sodium: 1175.97mg (51.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (11.01%), Vitamin A: 21607.04IU (432.14%), Vitamin C: 42.05mg (50.97%), Manganese: 0.57mg (28.57%), Potassium: 835.19mg (23.86%), Vitamin E: 3.37mg (22.44%), Fiber: 5.59g (22.37%), Vitamin B6: 0.44mg (22.18%), Vitamin B3: 3.79mg (18.93%), Magnesium: 73.01mg (18.25%), Vitamin B1: 0.26mg (17.35%), Folate: 57.45µg (14.36%), Phosphorus: 124.62mg (12.46%), Selenium: 7.84µg (11.2%), Calcium: 110.14mg (11.01%), Vitamin B5: 1.04mg (10.36%), Iron: 1.82mg (10.14%), Copper: 0.2mg (9.78%), Vitamin B2: 0.13mg (7.66%), Vitamin K: 6.91µg (6.58%), Vitamin B12: 0.32µg (5.35%), Zinc: 0.7mg (4.67%), Vitamin D: 0.19µg (1.23%)