



## Butternut Squash Soup

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



146 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 lb butternut squash peeled seeded cut into chunks
- 0.5 cup knudsen cream light sour
- 2 wylers bouillon chicken cubes instant flavored
- 1 clove garlic minced
- 0.5 tsp ground allspice
- 1 Tbsp olive oil
- 1 onion chopped
- 3.8 cups water

## Equipment

- food processor
- bowl
- sauce pan
- ladle

## Directions

- Heat oil in large saucepan on medium heat.
- Add squash, onions and garlic; cook 5 min. or until crisp-tender, stirring occasionally. Stir in allspice; cook and stir 1 min.
- Add bouillon and water. Bring to boil; cover. Simmer on low heat 15 min. or until squash is tender. Process, in batches, in food processor until smooth. Return to saucepan; cook until heated through, stirring occasionally.
- Ladle into 8 bowls. Top with sour cream.

## Nutrition Facts



## Properties

Glycemic Index:9, Glycemic Load:0.33, Inflammation Score:-10, Nutrition Score:17.504347860813%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

## Nutrients (% of daily need)

Calories: 146.12kcal (7.31%), Fat: 3.67g (5.64%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 29.21g (9.74%), Net Carbohydrates: 24.4g (8.87%), Sugar: 5.78g (6.42%), Cholesterol: 5.16mg (1.72%), Sodium: 266.04mg (11.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Vitamin A: 24156.55IU (483.13%), Vitamin C: 48.95mg (59.33%), Potassium: 854.72mg (24.42%), Manganese: 0.49mg (24.36%), Vitamin E: 3.57mg (23.79%), Magnesium: 81.85mg (20.46%), Fiber: 4.8g (19.21%), Vitamin B6: 0.37mg (18.73%), Folate: 65.8µg (16.45%), Vitamin B1: 0.24mg (16.05%), Calcium: 138.97mg (13.9%), Vitamin B3: 2.78mg (13.89%), Copper: 0.19mg (9.52%), Vitamin B5:

0.93mg (9.32%), Iron: 1.66mg (9.23%), Phosphorus: 91.4mg (9.14%), Vitamin B2: 0.07mg (4.18%), Vitamin K: 3.68µg (3.51%), Zinc: 0.45mg (3.02%), Selenium: 1.98µg (2.84%), Vitamin B12: 0.06µg (1.06%)