



 **86%**
HEALTH SCORE

Butternut Squash Soup (In Half An Hour!)

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



8

CALORIES



252 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 butternut squash peeled seeded cut into small cubes
- 1 can blackeyed peas
- 8 servings collard greens cut into small pieces (my choice)
- 8 servings quinoa leftover cooked
- 1 piece kombu
- 8 servings nutmeg
- 2 T olive oil
- 8 servings salt and pepper

- 32 oz vegetable stock organic for its lack of unnecessary ingredients (I like the Pacifica brand)
- 1 small onion yellow

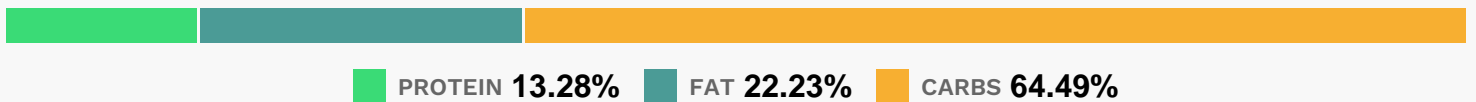
Equipment

- pot
- blender
- slotted spoon

Directions

- In large pot, saute onion in butter, ghee or olive oil until soft
- Add cubed squash and saute for a couple of minutes
- Add vegetable stock and 1 3 inch piece of kombu and bring to a boil
- Reduce heat and simmer until squash is soft (about 15 minutes)Using a slotted spoon, remove squash and puree in blender
- Return squash to pot and stir in black-eyed peas and cooked quinoa.
- Add greens for about five minutes until soft
- Add nutmeg, sea salt and pepper to taste

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:12.13, Inflammation Score:-10, Nutrition Score:26.504347826087%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 3.2mg, Kaempferol: 3.2mg, Kaempferol: 3.2mg, Kaempferol: 3.2mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Taste

Sweetness: 37.57%, Saltiness: 100%, Sourness: 49.94%, Bitterness: 40.33%, Savoriness: 56.23%, Fattiness: 51.96%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 251.7kcal (12.59%), Fat: 6.49g (9.99%), Saturated Fat: 1.3g (8.14%), Carbohydrates: 42.39g (14.13%), Net Carbohydrates: 33.88g (12.32%), Sugar: 5.97g (6.63%), Cholesterol: 0mg (0%), Sodium: 666.45mg (28.98%), Protein: 8.73g (17.46%), Vitamin A: 12025.89IU (240.52%), Vitamin K: 161.23µg (153.55%), Manganese: 1.23mg (61.44%), Folate: 179.35µg (44.84%), Vitamin C: 33.24mg (40.29%), Fiber: 8.51g (34.02%), Magnesium: 122.28mg (30.57%), Phosphorus: 236.22mg (23.62%), Vitamin E: 3.34mg (22.28%), Potassium: 672.78mg (19.22%), Vitamin B1: 0.29mg (19.09%), Copper: 0.37mg (18.5%), Vitamin B6: 0.36mg (18.13%), Iron: 3.1mg (17.21%), Calcium: 158.12mg (15.81%), Zinc: 1.69mg (11.27%), Vitamin B2: 0.19mg (11.09%), Vitamin B3: 1.97mg (9.83%), Selenium: 4.39µg (6.27%), Vitamin B5: 0.61mg (6.12%)