



Butternut Squash Soup with a Kick

 **Gluten Free**  **Popular**

READY IN



60 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 2 pound butternut squash cubed peeled seeded
- 14.5 ounce chicken broth canned
- 0.5 cup coconut milk
- 12 fluid ounce evaporated milk canned
- 2 teaspoons ginger fresh grated
- 1 tablespoon thyme leaves fresh chopped to taste
- 1 jalapeno diced seeded

- 1 onion diced
- 6 servings salt and pepper black to taste
- 1 cup cup heavy whipping cream sour
- 1 tablespoon sugar white

Equipment

- bowl
- ladle
- pot
- blender
- kitchen towels

Directions

- Melt the butter in a large pot over medium heat. Stir in the onion, ginger, and jalapeno pepper; cook and stir until the onion has softened and turned translucent, about 7 minutes.
- Add the butternut squash and chicken broth, and bring to a boil over high heat. Reduce heat to medium-low, cover, and simmer until the squash is tender, about 30 minutes.
- Stir in the evaporated milk, coconut milk, sugar, salt and pepper. Cook and stir 5 minutes more.
- Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth, and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot. Ladle into bowls, and garnish with sour cream and thyme to serve.

Nutrition Facts



Properties

Glycemic Index:56.02, Glycemic Load:2.39, Inflammation Score:-10, Nutrition Score:22.188695767651%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 438.51kcal (21.93%), Fat: 25.47g (39.18%), Saturated Fat: 14.14g (88.36%), Carbohydrates: 30.8g (10.27%), Net Carbohydrates: 27.22g (9.9%), Sugar: 13.45g (14.95%), Cholesterol: 84.06mg (28.02%), Sodium: 638.1mg (27.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.53g (49.06%), Vitamin A: 16771.28IU (335.43%), Vitamin C: 39.43mg (47.8%), Phosphorus: 330.49mg (33.05%), Calcium: 289.22mg (28.92%), Potassium: 949.21mg (27.12%), Manganese: 0.51mg (25.29%), Magnesium: 95.55mg (23.89%), Selenium: 16.31µg (23.29%), Vitamin B6: 0.45mg (22.53%), Vitamin B2: 0.36mg (21.43%), Vitamin B3: 3.81mg (19.04%), Vitamin E: 2.83mg (18.89%), Zinc: 2.69mg (17.93%), Iron: 2.97mg (16.47%), Vitamin B12: 0.87µg (14.47%), Fiber: 3.58g (14.31%), Folate: 56.71µg (14.18%), Vitamin B1: 0.2mg (13.41%), Vitamin B5: 1.18mg (11.81%), Copper: 0.22mg (10.9%), Vitamin K: 5µg (4.76%)