



Butternut Squash Soup with a Paleo Kick



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



109 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup vanilla almond milk
- ☐ 1 avocado chopped
- ☐ 2 tablespoons cayenne pepper
- ☐ 1 quart chicken broth
- ☐ 2 tablespoons coconut oil melted
- ☐ 1 tablespoon ground cinnamon for garnish
- ☐ 1 tablespoon ground ginger
- ☐ 2 tablespoons ground nutmeg

- ☐ 1 tablespoon honey
- ☐ 1 onion chopped
- ☐ 0.5 cup pecans chopped
- ☐ 2 butternut squashes peeled seeded chopped

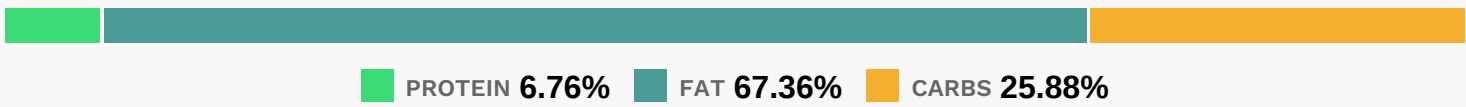
Equipment

- ☐ pot
- ☐ immersion blender

Directions

- ☐ Melt coconut oil in a large pot over medium heat. Cook and stir onion in the hot coconut oil until golden brown, 7 to 10 minutes.
- ☐ Stir squash, chicken broth, almond milk, cinnamon, cayenne pepper, nutmeg, honey, and ginger together in the pot with the onion; bring to a boil and cook until the squash is fork-tender, about 30 minutes.
- ☐ Puree soup with an immersion blender.
- ☐ Add avocado in small batches, pureeing each before adding the next.
- ☐ Garnish servings with additional cinnamon and chopped pecans.

Nutrition Facts



Properties

Glycemic Index:24.19, Glycemic Load:1.64, Inflammation Score:-5, Nutrition Score:6.34434778794%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 109.11kcal (5.46%), Fat: 8.93g (13.74%), Saturated Fat: 2.93g (18.34%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 4.75g (1.73%), Sugar: 3.63g (4.03%), Cholesterol: 1.58mg (0.53%), Sodium: 302.23mg (13.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.03%), Manganese: 0.64mg (32.03%), Fiber: 2.97g (11.9%), Vitamin C: 8.67mg (10.5%), Vitamin A: 444.12IU (8.88%), Vitamin B6: 0.16mg (8.06%), Vitamin B2: 0.13mg (7.83%), Potassium: 243.17mg (6.95%), Folate: 27.68µg (6.92%), Copper: 0.14mg (6.92%), Vitamin B1: 0.08mg (5.65%), Magnesium: 22.34mg (5.58%), Vitamin K: 5.59µg (5.32%), Vitamin E: 0.75mg (5%), Phosphorus: 45.64mg (4.56%), Vitamin B3: 0.83mg (4.13%), Zinc: 0.56mg (3.71%), Iron: 0.64mg (3.57%), Vitamin B5: 0.35mg (3.46%), Calcium: 32.27mg (3.23%), Selenium: 1.03µg (1.46%)