



Butternut Squash Soup with Chipotle Cream

☒ Vegetarian ☒ Gluten Free

READY IN

ready

105 min.

SERVINGS

servings

6

CALORIES

calories

191 kcal

- SOUP
- ANTIPASTI
- STARTER
- SNACK

Ingredients

- ☐ 1 medium butternut squash washed halved lengthwise
- ☐ 1 teaspoon chipotle chiles in adobo canned minced
- ☐ 2 teaspoons chipotle chiles in adobo canned minced
- ☐ 2 carrots chopped
- ☐ 2 stalks celery chopped
- ☐ 6 cups chicken broth divided
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons olive oil divided

- ☐ 1 medium onion chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.5 cup cup heavy whipping cream sour

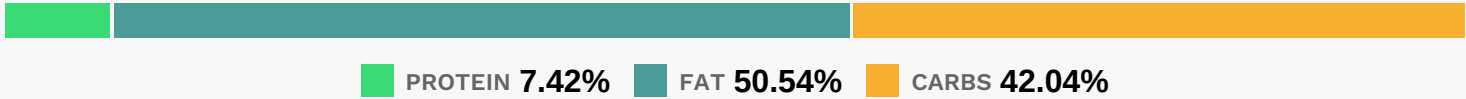
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ immersion blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Using 1 tablespoon of the olive oil, grease the sliced surface of the squash and season with salt and pepper, to taste. Arrange on a baking sheet and roast until very tender, about 45 minutes.
- ☐ Remove from the oven and let cool.
- ☐ In a large heavy pot over medium-high heat, add the remaining olive oil, onion, celery, and carrot, then season with a pinch of salt.
- ☐ Saute until just tender, about 10 minutes.
- ☐ Add the garlic and saute for 2 minutes. Scoop the butternut squash flesh into the pot and stir.
- ☐ Add 4 cups of the chicken broth and bring to a boil. Reduce the heat to low, cover the pot, and simmer until the vegetables are very tender, about 30 minutes.
- ☐ Turn off the heat and using an immersion blender, carefully puree the soup until very smooth. If necessary, add more of the remaining stock to create desired consistency.
- ☐ Mix in 2 teaspoons of the chipotle into the soup, and season with salt and pepper, to taste.
- ☐ In a small bowl, mix together 1 teaspoon of chipotle and the sour cream. Season the chipotle cream with salt and pepper, to taste.
- ☐ Transfer the soup to bowls. Top each with a dollop of chipotle cream and serve.

Nutrition Facts



Properties

Glycemic Index:27.97, Glycemic Load:1.19, Inflammation Score:-10, Nutrition Score:15.318260763002%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 191.12kcal (9.56%), Fat: 11.43g (17.59%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 21.4g (7.13%), Net Carbohydrates: 17.51g (6.37%), Sugar: 6.51g (7.23%), Cholesterol: 16.01mg (5.34%), Sodium: 908.58mg (39.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Vitamin A: 16869.49IU (337.39%), Vitamin C: 29.7mg (36.01%), Manganese: 0.46mg (22.93%), Vitamin E: 3.15mg (21%), Potassium: 638.17mg (18.23%), Fiber: 3.89g (15.56%), Vitamin B1: 0.2mg (13.66%), Vitamin B6: 0.27mg (13.65%), Magnesium: 52.93mg (13.23%), Vitamin B2: 0.22mg (13.03%), Vitamin K: 12.72µg (12.12%), Folate: 47.09µg (11.77%), Vitamin B3: 2.3mg (11.52%), Calcium: 107.34mg (10.73%), Phosphorus: 82.54mg (8.25%), Copper: 0.15mg (7.7%), Iron: 1.3mg (7.25%), Vitamin B5: 0.7mg (7.04%), Selenium: 2.59µg (3.69%), Zinc: 0.53mg (3.5%), Vitamin B12: 0.09µg (1.45%)