



## Butternut Squash Soup With Pear



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



240 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 28 ounce apple cider fat-free canned (or vegetable)
- 0.5 teaspoon pepper black freshly ground
- 6 cups butternut squash cubed peeled (1-inch)
- 0.3 teaspoon cayenne pepper
- 6 servings chives chopped for garnish
- 0.3 cup maple syrup
- 1 onion chopped
- 2 pears peeled chopped

- 0.8 teaspoon salt
- 2 tablespoons vegetable oil
- 1 cup water

## Equipment

- blender
- dutch oven

## Directions

- Heat oil in a Dutch oven over medium heat.
- Add onion; cook, stirring, 5 minutes, or until softened. Stir in next 8 ingredients (through black pep-per), and bring to a boil over high heat. Reduce heat to low, cover, and simmer 20 minutes, until squash is very soft.
- Puree soup in batches in a blender.
- Serve hot, garnished with chives.

## Nutrition Facts



## Properties

Glycemic Index:40.88, Glycemic Load:11.91, Inflammation Score:-10, Nutrition Score:16.235217483147%

## Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 10.8mg, Epicatechin: 10.8mg, Epicatechin: 10.8mg, Epicatechin: 10.8mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg

## Nutrients (% of daily need)

Calories: 240.02kcal (12%), Fat: 4.99g (7.68%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 50.64g (16.88%), Net Carbohydrates: 45.72g (16.62%), Sugar: 30.96g (34.4%), Cholesterol: 0mg (0%), Sodium: 306.18mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Vitamin A: 14995.57IU (299.91%), Vitamin C: 35.38mg (42.89%), Manganese: 0.76mg (38.08%), Potassium: 755.2mg (21.58%), Fiber: 4.92g (19.69%), Vitamin E: 2.54mg (16.94%), Magnesium: 63.13mg (15.78%), Vitamin B6: 0.29mg (14.51%), Vitamin B2: 0.24mg (14.34%), Vitamin B1: 0.2mg (13.11%), Vitamin K: 13.75µg (13.1%), Folate: 44.27µg (11.07%), Calcium: 103.41mg (10.34%), Vitamin B3: 1.88mg (9.4%), Copper: 0.15mg (7.54%), Iron: 1.31mg (7.26%), Vitamin B5: 0.69mg (6.9%), Phosphorus: 68.54mg (6.85%), Zinc: 0.4mg (2.67%), Selenium: 0.95µg (1.36%)