






 **90%**
HEALTH SCORE

Butternut Squash Soup with Pumpkin Butter

 Vegetarian  Gluten Free  Very Healthy

READY IN

45 min.

SERVINGS

8

CALORIES

253 kcal

SOUP **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 10 ounce butternut squash
- 2 pound butternut squash halved lengthwise seeded
- 0.5 teaspoon marjoram dried
- 0.5 teaspoon thyme dried
- 0.5 teaspoon ground cinnamon
- 8 servings pepper black freshly ground
- 2 cups chicken broth low-sodium
- 1 cup milk

- 1 pinch nutmeg grated
- 8 servings pistachios chopped

Equipment

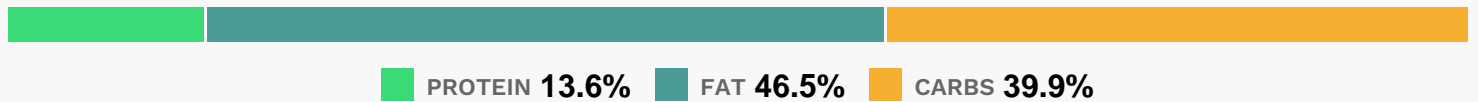
- food processor
- bowl
- frying pan
- sauce pan
- ladle
- oven
- whisk
- baking pan

Directions

- Preheat the oven to 375 °F. Spray a 9 x 13-inch baking dish with the vegetable oil spray.
- Place the squash halves, cut side down, in the prepared dish. Pierce the skin sides several times with a fork.
- Bake until the squash is tender, about 45 minutes. Set aside until cool enough to handle.
- Using a large spoon, scrape the flesh from the cooked squash into a food processor. Discard the skins.
- Add 1 1/2 cups of the chicken broth, the cinnamon, marjoram, thyme, and nutmeg and puree until smooth.
- Transfer the puree to a large saucepan.
- Whisk the milk into the soup over medium heat. If you prefer a thinner consistency, add the remaining broth. Season to taste with salt and pepper.
- Ladle the soup into warmed bowls. Top with a dollop of pumpkin butter and sprinkle with chopped pistachio nuts before serving.
- Roll diced squash in a bit of canola oil and ground cinnamon.
- Spread on a sheet pan, sprinkle with brown sugar, and bake at 375°F for 15 to 20 minutes.

- Add these sweet bits of squash when pureeing the soup.* Substitute crème fraîche or sour cream for the pumpkin butter.*
- Serve the soup chilled or warm in shot glasses as a party starter.
- David Venable joined QVC as a program host in 1993 and has since helped establish and build the multimedia retailer's gourmet food business. His hit show, *In the Kitchen with David*, offers a unique interactive viewership experience and features the latest in gourmet foods, cookware, kitchen gadgets, and cookbooks. While not a chef, Venable, well-known as QVC's Resident Foodie, loves to cook, and his passion revolves around all things food. Prior to joining QVC, Venable was an anchor/reporter for WOAY-TV in Oak Hill, West Virginia, and CBS-affiliate WTAJ-TV in Altoona, Pennsylvania. He earned his bachelor's degree from the University of North Carolina, Chapel Hill, and lives in Pennsylvania.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:1.45, Inflammation Score:-10, Nutrition Score:20.475652207499%

Flavonoids

Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 253.48kcal (12.67%), Fat: 14.24g (21.91%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 27.5g (9.17%), Net Carbohydrates: 21.5g (7.82%), Sugar: 7g (7.78%), Cholesterol: 3.66mg (1.22%), Sodium: 35.62mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.75%), Vitamin A: 15990.69IU (319.81%), Vitamin C: 32.87mg (39.84%), Vitamin B6: 0.73mg (36.54%), Manganese: 0.68mg (34.07%), Vitamin B1: 0.41mg (27.36%), Potassium: 910.3mg (26.01%), Copper: 0.51mg (25.26%), Fiber: 6g (24.02%), Phosphorus: 235.47mg (23.55%), Magnesium: 89.37mg (22.34%), Vitamin E: 2.81mg (18.74%), Vitamin B3: 3mg (14.99%), Calcium: 143.95mg (14.39%), Folate: 54.77µg (13.69%), Iron: 2.37mg (13.16%), Vitamin B5: 0.86mg (8.57%), Vitamin B2: 0.13mg (7.94%), Zinc: 1.03mg (6.89%), Selenium: 3.3µg (4.71%), Vitamin B12: 0.22µg (3.73%), Vitamin K: 3.04µg (2.9%), Vitamin D: 0.34µg (2.24%)