



Butternut Squash Soup with Roasted Red Pepper Purée



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



165 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 pound butternut squash peeled seeded cut into 1-inch pieces
- ☐ 3 teaspoons thyme sprigs fresh chopped
- ☐ 4 garlic clove minced
- ☐ 2 tablespoons olive oil
- ☐ 2.3 cups onion chopped
- ☐ 0.5 teaspoon orange zest grated
- ☐ 6 servings roasted peppers red

☐ 5.5 cups vegetable stock ()

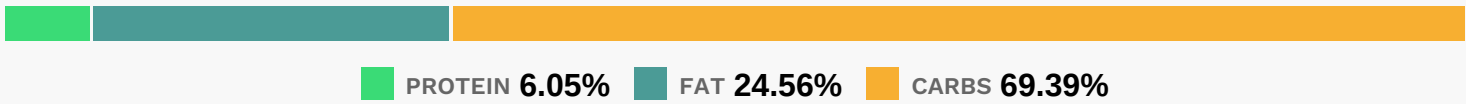
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Heat oil in heavy large pot over medium-high heat.
- ☐ Add onions; sauté until tender, about 12 minutes.
- ☐ Add garlic; stir 1 minute.
- ☐ Add squash and 5 1/2 cups broth; bring to boil. Reduce heat; cover and simmer until squash is soft, about 40 minutes. Cool slightly.
- ☐ Working in batches, puree soup in blender until smooth. Return puree to pot.
- ☐ Add 1 teaspoon thyme and orange peel. Thin soup with more broth if desired. Simmer 3 minutes. Season with salt and pepper. (Can be made 1 day ahead. Cool slightly. Cover and chill. Rewarm before serving, thinning with more broth if desired.)
- ☐ Ladle soup into bowls. Swirl 1 tablespoon Roasted Red Pepper Puree into soup in each bowl.
- ☐ Sprinkle with remaining 2 teaspoons thyme and serve.
- ☐ Per serving (including red pepper puree): calories, 200; total fat, 8 g; saturated fat, 1 g; cholesterol, 0; fiber, 8 g
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:2.71, Inflammation Score:-10, Nutrition Score:16.841738949651%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg, Quercetin: 12.21mg

Nutrients (% of daily need)

Calories: 165.4kcal (8.27%), Fat: 4.95g (7.61%), Saturated Fat: 0.72g (4.47%), Carbohydrates: 31.44g (10.48%), Net Carbohydrates: 26.43g (9.61%), Sugar: 8.55g (9.5%), Cholesterol: 0mg (0%), Sodium: 885.84mg (38.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.49%), Vitamin A: 20603.99IU (412.08%), Vitamin C: 47.05mg (57.03%), Manganese: 0.51mg (25.57%), Vitamin E: 3.41mg (22.72%), Potassium: 768.84mg (21.97%), Fiber: 5.01g (20.05%), Vitamin B6: 0.39mg (19.67%), Magnesium: 72.51mg (18.13%), Folate: 63.15µg (15.79%), Vitamin B1: 0.22mg (14.77%), Vitamin B3: 2.38mg (11.88%), Calcium: 112.91mg (11.29%), Iron: 1.69mg (9.41%), Copper: 0.17mg (8.62%), Vitamin B5: 0.85mg (8.47%), Phosphorus: 84.12mg (8.41%), Vitamin K: 5.16µg (4.92%), Vitamin B2: 0.06mg (3.61%), Zinc: 0.43mg (2.86%), Selenium: 1.53µg (2.19%)