



Butternut Squash Soup with Sage



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



190 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup apple juice
- ☐ 3 pounds butternut squash
- ☐ 5 servings crème fraîche sour
- ☐ 2 cups fat-skimmed chicken broth
- ☐ 2 tablespoons sage leaves fresh minced
- ☐ 6 sage leaves fresh 3 in. long
- ☐ 6 oz onion peeled chopped
- ☐ 5 servings salt

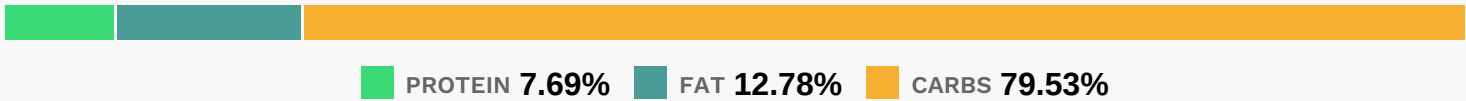
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ In a 3- to 4-quart pan over high heat, bring 2 cups broth and juice to a boil.
- ☐ Meanwhile, peel squash, seed, and cut into 1-inch chunks (you need 7 to 8 cups).
- ☐ Add squash, onion, and whole sage leaves to pan, cover, and return to a boil. Reduce heat and simmer until squash is very tender when pierced, about 30 minutes.
- ☐ With a slotted spoon, transfer about half the vegetables to a food processor or blender. Whirl to smoothly pure, adding just enough broth to facilitate.
- ☐ Pour pure into a bowl and repeat to pure remaining vegetables.
- ☐ Return pured vegetables to broth in pan. If soup is thicker than you like, thin with more broth. Stir over medium heat until soup is hot.
- ☐ Ladle into mugs.
- ☐ Add crme frache, sage, and salt to taste.

Nutrition Facts



Properties

Glycemic Index:13.55, Glycemic Load:2.95, Inflammation Score:-10, Nutrition Score:25.703913077064%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin:

2.34mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg

Nutrients (% of daily need)

Calories: 189.85kcal (9.49%), Fat: 2.98g (4.58%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 41.7g (13.9%), Net Carbohydrates: 35.4g (12.87%), Sugar: 12.75g (14.16%), Cholesterol: 7.08mg (2.36%), Sodium: 583.23mg (25.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Vitamin A: 29006.06IU (580.12%), Copper: 7.66mg (382.87%), Vitamin C: 60.22mg (73%), Manganese: 0.89mg (44.29%), Potassium: 1110.47mg (31.73%), Vitamin E: 3.98mg (26.51%), Magnesium: 104.69mg (26.17%), Fiber: 6.3g (25.18%), Vitamin B6: 0.49mg (24.33%), Vitamin B1: 0.31mg (20.95%), Folate: 81.57µg (20.39%), Vitamin B3: 3.86mg (19.3%), Calcium: 174.35mg (17.44%), Iron: 2.45mg (13.6%), Vitamin B5: 1.3mg (13.04%), Phosphorus: 123.16mg (12.32%), Vitamin B2: 0.11mg (6.72%), Selenium: 4.02µg (5.75%), Zinc: 0.58mg (3.87%), Vitamin B12: 0.21µg (3.45%), Vitamin K: 3.31µg (3.15%)