



Butternut Squash Soup with Sage

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2.5 pounds butternut squash peeled seeded cut into 1-inch cubes
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 3 cups chicken broth organic swanson® (regular, Natural or Certified)
- ☐ 12 sage leaves fresh
- ☐ 2 medium granny smith apples cored sliced
- ☐ 1 teaspoon ground coriander
- ☐ 1 large onion chopped

- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon vegetable oil

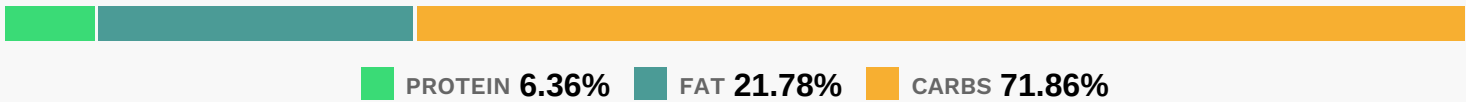
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Heat oil in saucepot over medium heat.
- ☐ Add squash, apples and onion and cook until almost tender. Stir in sugar, coriander and red pepper. Cook and stir 2 minutes.
- ☐ Add broth.
- ☐ Heat to a boil. Cook over low heat 10 minutes. or until squash is tender.
- ☐ Place cooked squash mixture in food processor, using a slotted spoon. Cover and blend until smooth, adding enough cooking liquid to make soup of desired consistency.
- ☐ Heat butter in small skillet.
- ☐ Add sage and cook until crisp.
- ☐ Remove and drain on paper towels. Reserve butter in skillet. Divide soup among 4 bowls.
- ☐ Drizzle each with sage butter and garnish with fried sage leaves.

Nutrition Facts



Properties

Glycemic Index:40.27, Glycemic Load:6.2, Inflammation Score:-10, Nutrition Score:24.17739147207%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg

Nutrients (% of daily need)

Calories: 269.3kcal (13.47%), Fat: 7.19g (11.06%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 53.36g (17.79%), Net Carbohydrates: 44.62g (16.23%), Sugar: 21.06g (23.4%), Cholesterol: 3.53mg (1.17%), Sodium: 700.89mg (30.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.45%), Vitamin A: 30366.17IU (607.32%), Vitamin C: 66.7mg (80.85%), Manganese: 0.76mg (37.91%), Fiber: 8.74g (34.97%), Potassium: 1192.65mg (34.08%), Copper: 0.64mg (32.22%), Vitamin E: 4.75mg (31.65%), Magnesium: 108.6mg (27.15%), Vitamin B6: 0.52mg (26.11%), Vitamin B1: 0.36mg (23.7%), Folate: 86.57µg (21.64%), Vitamin B3: 3.94mg (19.68%), Calcium: 162.82mg (16.28%), Iron: 2.4mg (13.35%), Vitamin B5: 1.25mg (12.54%), Phosphorus: 124.75mg (12.47%), Vitamin B2: 0.2mg (11.71%), Vitamin K: 11.62µg (11.07%), Zinc: 0.68mg (4.52%), Selenium: 2.47µg (3.53%)