



Butternut Squash Soup with Spinach Ravioli

READY IN



60 min.

SERVINGS



12

CALORIES



223 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2.5 cups butternut squash cubed peeled seeded
- ☐ 1 pound cheese filled spinach ravioli
- ☐ 5 cups chicken broth
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 pinch ground cinnamon
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 pinch ground ginger
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 0.8 cup leeks sliced
- ☐ 0.8 cup cup heavy whipping cream light
- ☐ 1 cup onions sliced
- ☐ 12 servings salt and pepper to taste

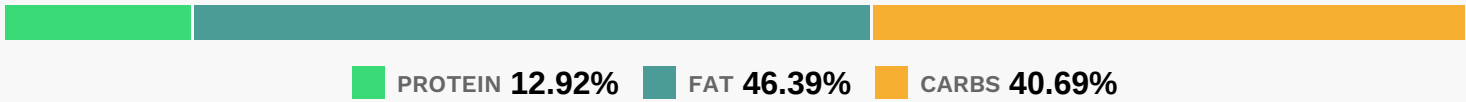
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ hand mixer

Directions

- ☐ Place the cumin seeds and nutmeg in a large saucepan over medium heat, and cook until lightly browned. Stir in the butter, and saute the onions and leeks until tender.
- ☐ Mix in squash, wine, and chicken broth. Season with cinnamon and ginger. Reduce heat, and simmer 10 to 15 minutes.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add ravioli, and cook 8 to 10 minutes or until al dente; drain.
- ☐ With a hand mixer, puree the soup mixture. Blend in light cream, and season with salt and pepper.
- ☐ Mix in the cooked ravioli just before serving.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:6.2, Inflammation Score:-9, Nutrition Score:7.499130497808%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.67mg,

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 222.62kcal (11.13%), Fat: 11.26g (17.33%), Saturated Fat: 5.6g (35.03%), Carbohydrates: 22.23g (7.41%), Net Carbohydrates: 20.22g (7.35%), Sugar: 2.73g (3.03%), Cholesterol: 43.97mg (14.66%), Sodium: 813.76mg (35.38%), Alcohol: 1.03g (100%), Alcohol %: 0.62% (100%), Protein: 7.06g (14.11%), Vitamin A: 3405.62IU (68.11%), Iron: 4.43mg (24.62%), Vitamin C: 7.87mg (9.54%), Manganese: 0.17mg (8.57%), Fiber: 2.02g (8.06%), Vitamin B2: 0.09mg (5.3%), Potassium: 173.14mg (4.95%), Vitamin E: 0.7mg (4.67%), Calcium: 44.36mg (4.44%), Vitamin B1: 0.06mg (4.25%), Vitamin B6: 0.08mg (4.18%), Magnesium: 16.16mg (4.04%), Folate: 14.77µg (3.69%), Vitamin K: 3.6µg (3.43%), Phosphorus: 31.16mg (3.12%), Vitamin B3: 0.62mg (3.12%), Copper: 0.05mg (2.5%), Vitamin B5: 0.2mg (1.96%), Zinc: 0.2mg (1.32%), Selenium: 0.78µg (1.12%)