



## Butternut Squash Soup with Toasted Walnuts

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



155 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 8 cups butternut squash cubed peeled (1-inch) ()
- 14 ounce fat-skimmed beef broth fat-free divided canned
- 4 cups milk 2% divided reduced-fat
- 1.5 teaspoons olive oil
- 0.8 teaspoon salt divided
- 0.3 cup walnut pieces toasted chopped

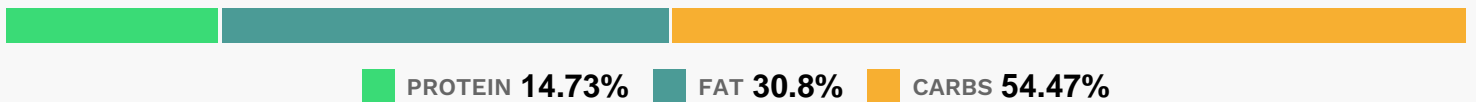
### Equipment

- bowl
- baking sheet
- sauce pan
- ladle
- oven
- blender
- aluminum foil

## Directions

- Preheat oven to 40
- Combine squash, oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper on a foil-lined baking sheet coated with cooking spray.
- Bake at 400 for 45 minutes or until tender.
- Place half of squash, half of milk, and half of broth in a blender; process until smooth.
- Pour pureed mixture into a large saucepan. Repeat procedure with remaining squash, milk, and broth. Cook over medium heat 5 minutes or until thoroughly heated (do not bring to a boil). Stir in remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper. Ladle 1 cup soup into each of 8 bowls; sprinkle each serving with 1 1/2 teaspoons nuts.

## Nutrition Facts



## Properties

Glycemic Index:6.5, Glycemic Load:0.07, Inflammation Score:-10, Nutrition Score:16.519130364708%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg

## Nutrients (% of daily need)

Calories: 154.84kcal (7.74%), Fat: 5.7g (8.77%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 19.6g (7.13%), Sugar: 9.22g (10.25%), Cholesterol: 9.44mg (3.15%), Sodium: 482.1mg (20.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.26%), Vitamin A: 15003.78IU (300.08%), Vitamin C: 29.68mg (35.98%), Manganese: 0.45mg (22.31%), Calcium: 215.06mg (21.51%), Potassium: 690.72mg (19.73%),

Phosphorus: 173.07mg (17.31%), Magnesium: 67.07mg (16.77%), Vitamin B2: 0.26mg (15.44%), Vitamin E: 2.19mg (14.58%), Vitamin B6: 0.29mg (14.37%), Vitamin B1: 0.2mg (13.47%), Fiber: 3.08g (12.31%), Vitamin B12: 0.72µg (12.08%), Folate: 47.8µg (11.95%), Vitamin B5: 1.06mg (10.62%), Vitamin B3: 2.11mg (10.54%), Copper: 0.18mg (8.86%), Selenium: 4.93µg (7.04%), Iron: 1.2mg (6.65%), Zinc: 0.9mg (6.01%), Vitamin K: 2.53µg (2.41%)