






 **72%**
HEALTH SCORE

Butternut Squash-Sweet Potato Ginger Bisque

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN

55 min.

SERVINGS

8

CALORIES

157 kcal

SOUP **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 2 pound butternut squash peeled seeded cut into large chunks
- 2 inch ginger fresh peeled finely chopped
- 3 cloves garlic peeled chopped
- 8 servings salt and ground pepper black to taste
- 1 onion peeled chopped
- 4 sweet potatoes peeled cut into chunks
- 1.5 quarts water to cover

Equipment

- bowl
- whisk
- pot
- blender

Directions

- Place the squash, sweet potatoes, onion, ginger, and garlic in a large pot.
- Pour in enough water to cover the vegetables. Bring to simmer over medium heat, and cook until vegetables are tender and can be easily pierced with a fork, 30 to 45 minutes.
- Remove pot from heat.
- Place soup in batches into a blender or the bowl of a food process. Pulse until smooth. Return soup to pot, and whisk in yogurt. Season with salt and pepper to taste. If necessary, reheat soup over low heat, but do not allow to boil.

Nutrition Facts

PROTEIN 7.62% **FAT 1.11%** **CARBS 91.27%**

Properties

Glycemic Index:20.25, Glycemic Load:11.66, Inflammation Score:-10, Nutrition Score:16.096086823422%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 157.04kcal (7.85%), Fat: 0.21g (0.32%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 38.02g (12.67%), Net Carbohydrates: 32.05g (11.65%), Sugar: 7.84g (8.71%), Cholesterol: 0mg (0%), Sodium: 76.55mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.35%), Vitamin A: 28086.45IU (561.73%), Vitamin C: 27.98mg (33.92%), Manganese: 0.57mg (28.7%), Fiber: 5.98g (23.9%), Potassium: 813.15mg (23.23%), Vitamin B6: 0.44mg (22.22%), Magnesium: 71.16mg (17.79%), Copper: 0.29mg (14.73%), Vitamin B1: 0.21mg (14.04%), Vitamin B5: 1.39mg (13.86%), Vitamin E: 1.94mg (12.91%), Folate: 45.9µg (11.48%), Vitamin B3: 2.03mg (10.14%), Calcium: 99.58mg (9.96%), Phosphorus: 96.99mg (9.7%), Iron: 1.55mg (8.62%), Vitamin B2: 0.1mg (5.73%), Zinc: 0.57mg

(3.8%), Vitamin K: 3.52µg (3.35%), Selenium: 1.49µg (2.13%)