



Butternut Squash Sweet Potato Soup



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



186 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 small bell peppers sweet chopped
- ☐ 0.3 cup butter
- ☐ 1 butternut squash peeled seeded cut into chunks
- ☐ 1 carrots peeled chopped
- ☐ 1 stalk celery chopped
- ☐ 4 cups chicken stock see or as needed
- ☐ 2 cloves garlic minced to taste
- ☐ 8 servings salt and ground pepper black to taste

- ☐ 1 onion sweet chopped
- ☐ 1 sweet potatoes and into peeled cut into chunks

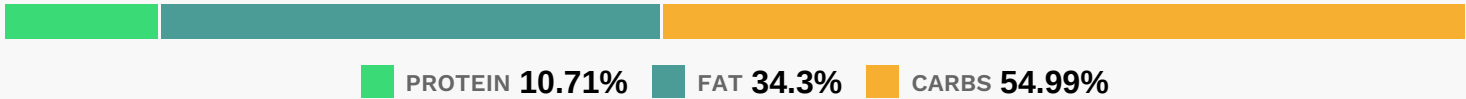
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Melt butter in a large pot over medium-high heat. Cook and stir butternut squash, sweet potato, carrot, celery, onion, and garlic in hot butter until lightly browned, about 5 minutes.
- ☐ Pour chicken stock and sweet bell peppers into butternut squash mixture; bring to a boil. Reduce heat to low, cover, and simmer until squash and potato are tender, about 40 minutes.
- ☐ Pour squash mixture into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth.
- ☐ Return pureed soup to pot and season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:35.1, Glycemic Load:3.5, Inflammation Score:-10, Nutrition Score:16.99782597306%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 186.19kcal (9.31%), Fat: 7.45g (11.46%), Saturated Fat: 4.08g (25.49%), Carbohydrates: 26.87g (8.96%), Net Carbohydrates: 22.86g (8.31%), Sugar: 8.82g (9.8%), Cholesterol: 18.85mg (6.28%), Sodium: 250.33mg (10.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.47%), Vitamin A: 16320.49IU (326.41%), Vitamin C: 58.95mg (71.46%), Vitamin B6: 0.44mg (21.76%), Potassium: 702.43mg (20.07%), Manganese: 0.37mg (18.31%),

Vitamin B3: 3.61mg (18.03%), Fiber: 4.01g (16.05%), Folate: 60.2µg (15.05%), Vitamin E: 2.14mg (14.24%), Magnesium: 52.76mg (13.19%), Vitamin B1: 0.2mg (13.19%), Vitamin B2: 0.18mg (10.62%), Copper: 0.21mg (10.58%), Phosphorus: 101.88mg (10.19%), Vitamin B5: 0.78mg (7.76%), Iron: 1.36mg (7.58%), Calcium: 75.31mg (7.53%), Vitamin K: 6.41µg (6.1%), Selenium: 3.72µg (5.32%), Zinc: 0.56mg (3.72%)