



Butternut Squash-White Bean Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices bacon
- 0.3 teaspoon pepper black freshly ground
- 4 cups butternut squash cubed peeled () (11/2 pounds)
- 30 ounce cannellini beans rinsed drained canned
- 0.7 cup celery chopped
- 3 tablespoons pumpkinseed kernels unsalted toasted
- 0.3 cup cooking wine dry white
- 4 cups less-sodium chicken broth fat-free

- 3 garlic cloves minced
- 0.1 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 1 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 1 cup onion chopped
- 1 tablespoon oregano fresh chopped
- 1 teaspoon salt
- 0.3 cup whipping cream

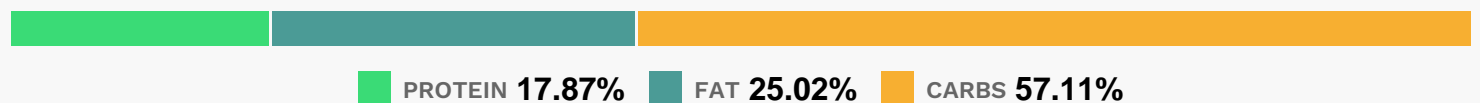
Equipment

- frying pan
- dutch oven

Directions

- Cook bacon in a Dutch oven over medium heat until crisp.
- Remove the bacon from pan, reserving 2 teaspoons of drippings in pan; crumble the bacon, and set aside.
- Add onion, celery, and garlic to pan; cook 3 minutes or until tender, stirring occasionally.
- Add squash; cook 3 minutes, stirring occasionally.
- Add wine; cook until liquid almost evaporates. Stir in broth, cumin, red pepper, cinnamon, and cloves; bring to a boil. Reduce heat; simmer 5 minutes or until squash is tender. Stir in cream, oregano, salt, black pepper, and beans; bring to a boil.
- Remove from heat.
- Sprinkle each serving with bacon and pumpkinseeds.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:0.81, Inflammation Score:-10, Nutrition Score:23.546086814093%

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 Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 321.01kcal (16.05%), Fat: 9.13g (14.04%), Saturated Fat: 3.99g (24.95%), Carbohydrates: 46.86g (15.62%), Net Carbohydrates: 36.77g (13.37%), Sugar: 4.34g (4.83%), Cholesterol: 18.47mg (6.16%), Sodium: 1118.32mg (48.62%), Alcohol: 1.03g (100%), Alcohol %: 0.28% (100%), Protein: 14.67g (29.33%), Vitamin A: 10179.29IU (203.59%), Manganese: 0.97mg (48.72%), Fiber: 10.09g (40.37%), Folate: 156.04µg (39.01%), Vitamin C: 24.52mg (29.72%), Magnesium: 117.67mg (29.42%), Potassium: 1013.58mg (28.96%), Phosphorus: 283.08mg (28.31%), Vitamin B1: 0.36mg (24.26%), Iron: 3.85mg (21.39%), Vitamin B6: 0.43mg (21.36%), Selenium: 12.63µg (18.05%), Copper: 0.36mg (18.01%), Calcium: 165.36mg (16.54%), Vitamin B3: 3.29mg (16.46%), Vitamin E: 1.72mg (11.46%), Vitamin B5: 1.14mg (11.45%), Vitamin B2: 0.19mg (11.35%), Vitamin K: 10.28µg (9.79%), Zinc: 1.4mg (9.35%), Vitamin B12: 0.37µg (6.23%), Vitamin D: 0.2µg (1.35%)