

Butternut Vegetable Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



224 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups butternut squash cubed peeled
- ☐ 16 ounce cannellini beans rinsed drained canned
- ☐ 4 large carrots thinly sliced
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 4 cups kale leaves finely chopped
- ☐ 1 cup onion diced finely

- ☐ 2 potatoes red cubed
- ☐ 1 teaspoon salt
- ☐ 12 cups vegetable broth
- ☐ 0.3 cup vegetable oil

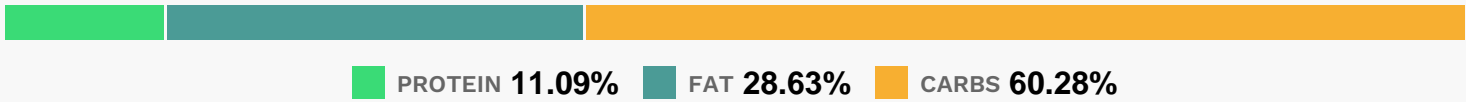
Equipment

- ☐ pot
- ☐ blender
- ☐ kitchen towels
- ☐ dutch oven

Directions

- ☐ Heat the vegetable oil in a large Dutch oven over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the carrots and butternut squash; cook and stir until squash begins to brown, about 15 minutes.
- ☐ Pour in the broth. Stir in the red potatoes, thyme, salt, and pepper, and bring to a boil. Reduce heat and simmer until vegetables are tender, about 45 minutes. Stir in the kale and great Northern beans, and simmer until the kale is tender, about 10 minutes.
- ☐ Pour about 3 cups of the soup into a blender, filling the pitcher no more than halfway full (you may have to do this in two batches). Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Return the pureed portion of the soup to the soup pot, leaving the remaining soup chunky. Alternately, you can use a stick blender and partially puree the soup right in the cooking pot.

Nutrition Facts



Properties

Glycemic Index:26.6, Glycemic Load:3.68, Inflammation Score:-10, Nutrition Score:18.143478206966%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.48mg, Isorhamnetin: 3.48mg, Isorhamnetin: 3.48mg, Isorhamnetin: 3.48mg Kaempferol: 5.13mg, Kaempferol: 5.13mg, Kaempferol: 5.13mg, Kaempferol: 5.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg

Nutrients (% of daily need)

Calories: 223.55kcal (11.18%), Fat: 7.42g (11.41%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 35.14g (11.71%), Net Carbohydrates: 28.9g (10.51%), Sugar: 7.1g (7.89%), Cholesterol: 0mg (0%), Sodium: 1745.33mg (75.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.93%), Vitamin A: 11541.69IU (230.83%), Vitamin K: 61.53µg (58.6%), Vitamin C: 26.34mg (31.93%), Manganese: 0.56mg (27.89%), Fiber: 6.23g (24.93%), Potassium: 750.68mg (21.45%), Folate: 82.33µg (20.58%), Magnesium: 62.86mg (15.72%), Vitamin B6: 0.3mg (15.18%), Phosphorus: 146.79mg (14.68%), Vitamin B1: 0.21mg (13.73%), Copper: 0.22mg (11.08%), Iron: 1.95mg (10.82%), Calcium: 98.6mg (9.86%), Vitamin E: 1.38mg (9.23%), Vitamin B3: 1.8mg (9.02%), Vitamin B2: 0.12mg (7.15%), Vitamin B5: 0.58mg (5.85%), Zinc: 0.77mg (5.15%), Selenium: 3.11µg (4.45%)