



Creamy Butternut Soup

READY IN



45 min.

SERVINGS



4

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups cooking apple cored peeled coarsely chopped
- ☐ 2 cups butternut squash cubed peeled seeded
- ☐ 10.5 ounce chicken broth ready-to-serve canned
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 3 tablespoons butter melted
- ☐ 3 ounces mild cheddar cheese shredded divided
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon salt

- ☐ 0.3 teaspoon thyme leaves dried whole
- ☐ 1 cup whipping cream

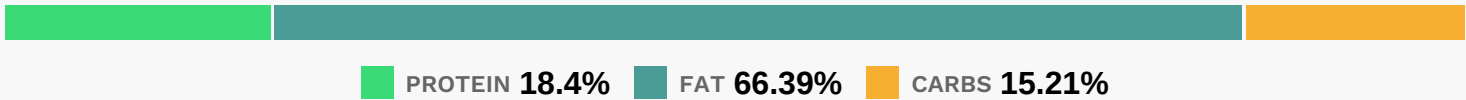
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ knife
- ☐ dutch oven

Directions

- ☐ Saute onion and garlic in margarine in a Dutch oven over medium heat 5 minutes or until tender.
- ☐ Add flour, stirring until smooth. Stir in chicken broth and next 4 ingredients; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until squash is tender.
- ☐ Let cool.
- ☐ Position knife blade in food processor bowl; add squash mixture. Process 1 minute or until smooth, scraping sides of processor bowl once.
- ☐ Return mixture to pan; add whipping cream and 1/2 cup cheese. Cook over medium-low heat, stirring constantly, until cheese melts. Ladle soup into individual bowls. Top each serving with 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:3.59, Inflammation Score:-10, Nutrition Score:18.575652184694%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.8mg, Quercetin: 9.8mg, Quercetin: 9.8mg, Quercetin: 9.8mg

Nutrients (% of daily need)

Calories: 579.5kcal (28.97%), Fat: 43.4g (66.76%), Saturated Fat: 21.24g (132.77%), Carbohydrates: 22.36g (7.45%), Net Carbohydrates: 19.19g (6.98%), Sugar: 9.39g (10.43%), Cholesterol: 125.71mg (41.9%), Sodium: 763.19mg (33.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.06g (54.12%), Vitamin A: 9061.74IU (181.23%), Selenium: 22.79µg (32.56%), Phosphorus: 290.75mg (29.07%), Calcium: 251.37mg (25.14%), Vitamin C: 20.22mg (24.51%), Zinc: 3mg (20%), Vitamin B2: 0.33mg (19.41%), Vitamin B6: 0.36mg (18.06%), Vitamin B12: 1.08µg (17.92%), Vitamin E: 2.37mg (15.79%), Potassium: 546.1mg (15.6%), Vitamin B3: 2.88mg (14.4%), Magnesium: 54.98mg (13.75%), Fiber: 3.17g (12.68%), Manganese: 0.24mg (12.05%), Iron: 1.86mg (10.35%), Folate: 39.81µg (9.95%), Vitamin B1: 0.13mg (8.74%), Vitamin D: 1.15µg (7.69%), Vitamin K: 7.06µg (6.73%), Copper: 0.13mg (6.68%), Vitamin B5: 0.62mg (6.16%)