



Creamy Butternut Squash Soup

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



62 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 2.5 lb butternut squash peeled seeded chopped
- 28 oz chicken broth canned
- 0.5 cup knudsen cream sour
- 2 cloves garlic minced
- 3 Tbsp olive oil
- 1 cup onion chopped

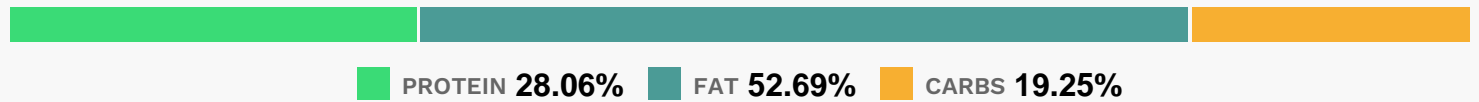
Equipment

- bowl
- sauce pan
- ladle
- blender

Directions

- Heat oil in large heavy saucepan on medium heat.
- Add onion and garlic; cook and stir 4 min. or until tender.
- Add squash and broth. Bring to boil. Reduce heat to low; simmer 40 min.
- Pour soup, in batches, into blender container; cover. Blend until smooth. Ladle soup into 7 individual bowls. Top each serving with sour cream and crumbled bacon.
- Serve with RITZ Crackers, if desired.

Nutrition Facts



Properties

Glycemic Index:1.04, Glycemic Load:0.07, Inflammation Score:-8, Nutrition Score:4.2300000734951%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 61.54kcal (3.08%), Fat: 3.63g (5.59%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.52g (0.92%), Sugar: 0.65g (0.72%), Cholesterol: 10.56mg (3.52%), Sodium: 92.37mg (4.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.7%), Vitamin A: 2231.5IU (44.63%), Vitamin C: 4.6mg (5.57%), Selenium: 3.51µg (5.01%), Vitamin B6: 0.07mg (3.67%), Vitamin B3: 0.73mg (3.64%), Phosphorus: 36.09mg (3.61%), Vitamin E: 0.48mg (3.17%), Potassium: 108.3mg (3.09%), Zinc: 0.44mg (2.95%), Vitamin B12: 0.16µg (2.75%), Magnesium: 10.66mg (2.67%), Manganese: 0.05mg (2.39%), Vitamin B1: 0.03mg (2.09%), Iron: 0.36mg (1.99%), Fiber: 0.46g (1.86%), Folate: 6.54µg (1.63%), Calcium: 15.06mg (1.51%), Vitamin B2: 0.03mg (1.5%), Copper: 0.03mg (1.26%), Vitamin B5: 0.11mg (1.11%), Vitamin K: 1.06µg (1.01%)