



# Creamy Butternut Squash With Cinnamon Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



194 kcal

SIDE DISH

## Ingredients

- 6 servings apples store-bought
- 1 tablespoon butter
- 1.5 pounds butternut squash peeled seeded cut into 1-inch chunks
- 0.1 teaspoon ground pepper
- 1.5 teaspoons cinnamon
- 3 large garlic clove sliced
- 0.3 teaspoon ground cloves

- 1 teaspoon ground ginger
- 1.5 cups milk whole (or milk)
- 2 tablespoons olive oil
- 1 large onion cut into large dice
- 6 servings salt and pepper freshly ground to taste
- 1 pinch sugar

## Equipment

- bowl
- frying pan
- ladle
- pot
- blender
- kitchen towels
- immersion blender

## Directions

- Heat oil over medium-high heat in a large, deep saute pan until shimmering.
- Add butternut squash, then onion; saute, stirring very little at first, then more frequently, until squash start to turn golden brown, 7 to 8 minutes.
- Reduce heat to low and add butter, sugar and garlic; continue cooking until all vegetables are a rich spotty caramel color, about 10 minutes longer.
- Add cinnamon, ginger, cloves, and cayenne pepper; continue to saute until fragrant, 30 seconds to 1 minute longer.
- Add broth; bring to a simmer over medium-high heat. Reduce heat to low and simmer, partially covered, until squash is tender, about 10 minutes.
- Using an immersion blender or traditional blender, puree until very smooth, 30 seconds to 1 minute. (If using a traditional blender, vent it either by removing the lid's pop-out center or by lifting one edge of the lid. Drape the blender canister with a kitchen towel. To 'clean' the canister, pour in a little half-and-half, blend briefly, then add to the soup.)

Return to pan (or a soup pot); add enough half-and-half so the mixture is souplike, yet thick enough to float garnish. Taste, and add salt and pepper if needed.

Heat through, ladle into bowls, garnish and serve.

## Nutrition Facts

**PROTEIN 7.21%** **FAT 38.09%** **CARBS 54.7%**

### Properties

Glycemic Index:47.35, Glycemic Load:4.15, Inflammation Score:-10, Nutrition Score:15.18521749455%

### Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

### Nutrients (% of daily need)

Calories: 193.7kcal (9.69%), Fat: 8.8g (13.54%), Saturated Fat: 3.05g (19.04%), Carbohydrates: 28.45g (9.48%), Net Carbohydrates: 23.87g (8.68%), Sugar: 13.2g (14.67%), Cholesterol: 12.34mg (4.11%), Sodium: 238.87mg (10.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.49%), Vitamin A: 12264.78IU (245.3%), Vitamin C: 29.06mg (35.22%), Manganese: 0.56mg (28.02%), Fiber: 4.58g (18.31%), Potassium: 608.95mg (17.4%), Vitamin E: 2.54mg (16.93%), Calcium: 148.38mg (14.84%), Vitamin B6: 0.29mg (14.52%), Magnesium: 53.22mg (13.3%), Phosphorus: 117.1mg (11.71%), Vitamin B1: 0.17mg (11.56%), Folate: 37.5µg (9.37%), Vitamin B2: 0.13mg (7.86%), Vitamin B3: 1.57mg (7.83%), Vitamin B5: 0.77mg (7.65%), Iron: 1.1mg (6.09%), Vitamin K: 6.21µg (5.92%), Copper: 0.12mg (5.86%), Vitamin B12: 0.33µg (5.56%), Vitamin D: 0.67µg (4.47%), Zinc: 0.53mg (3.55%), Selenium: 2.3µg (3.29%)