



Creamy Squash Soup

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



188 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 tsp pepper black
- 4 lb butternut squash peeled seeded cut into small chunks (8 cups)
- 2 carrots chopped
- 0.5 cup knudsen cream sour
- 28 oz chicken broth fat-free reduced-sodium canned
- 0.1 tsp ground nutmeg
- 1 cup water

Equipment

- bowl
- frying pan
- blender
- dutch oven

Directions

- Bring vegetables, broth and water to boil in Dutch oven on medium–high heat; cover. Simmer on medium–low heat 10 min. or until vegetables are tender; cool slightly.
- Blend broth mixture, in batches, in blender until smooth; return to Dutch oven. Cook, uncovered, on low heat until heated through, stirring frequently. Stir in seasonings.
- Remove from heat.
- Add a few tablespoonfuls hot soup to sour cream in small bowl; mix well. Return to soup in pan; stir until blended.

Nutrition Facts



Properties

Glycemic Index:24.81, Glycemic Load:0.68, Inflammation Score:-10, Nutrition Score:22.935652245646%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 188.32kcal (9.42%), Fat: 4.32g (6.64%), Saturated Fat: 2.02g (12.63%), Carbohydrates: 38.5g (12.83%), Net Carbohydrates: 31.83g (11.57%), Sugar: 8.48g (9.43%), Cholesterol: 11.31mg (3.77%), Sodium: 575.18mg (25.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.83%), Vitamin A: 35661.83IU (713.24%), Vitamin C: 64.88mg (78.64%), Potassium: 1195.52mg (34.16%), Manganese: 0.68mg (33.96%), Vitamin E: 4.56mg (30.42%), Magnesium: 109.26mg (27.31%), Fiber: 6.67g (26.68%), Vitamin B6: 0.52mg (26.03%), Vitamin B3: 4.59mg (22.94%), Folate: 88.05µg (22.01%), Vitamin B1: 0.33mg (21.95%), Calcium: 178.52mg (17.85%), Vitamin B5: 1.49mg (14.91%), Phosphorus: 136.39mg (13.64%), Iron: 2.39mg (13.3%), Copper: 0.26mg (13.22%), Vitamin B2: 0.13mg (7.8%), Selenium: 5.16µg (7.37%), Vitamin K: 6.57µg (6.26%), Vitamin B12: 0.3µg (5.08%), Zinc: 0.6mg (3.99%)