



Double-Butternut Squash Soup

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



128 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds
- ☐ 0.5 teaspoon brown sugar
- ☐ 1 butternut squash diced peeled seeded
- ☐ 2 carrots peeled cut in chunks
- ☐ 1 teaspoon chili powder to taste
- ☐ 4 cloves garlic
- ☐ 1 teaspoon ground cinnamon to taste
- ☐ 1 onion diced

- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons butter unsalted
- ☐ 3 cups vegetable broth divided
- ☐ 8 servings water as needed
- ☐ 2 teaspoons worcestershire sauce

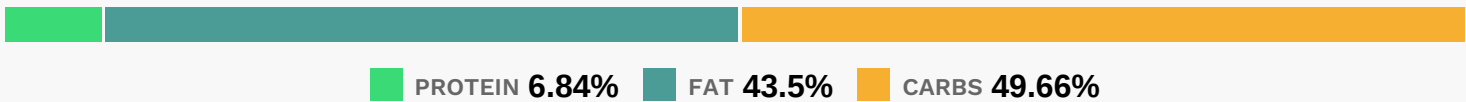
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Melt the butter in a large pot over medium heat. Cook almonds in the melted butter until light brown, about 5 minutes.
- ☐ Pour 1 cup vegetable broth into the pot; bring to a simmer and cook until warmed, 1 to 2 minutes.
- ☐ Pour remaining broth into the pot; add butternut squash, carrots, onion, and garlic.
- ☐ Pour enough water into the pot to assure the vegetables are completely submerged; bring to a simmer and cook until the carrots are completely soft and the volume of the liquid has reduced by about 1/3, 15 to 20 minutes.
- ☐ Pour broth mixture into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth.
- ☐ Pour pureed soup into a separate vessel. Stir Worcestershire sauce, cinnamon, chili powder, brown sugar, and salt into the soup.

Nutrition Facts



Properties

Glycemic Index:20.48, Glycemic Load:1.46, Inflammation Score:-10, Nutrition Score:12.526956533608%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 127.53kcal (6.38%), Fat: 6.68g (10.27%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 17.16g (5.72%), Net Carbohydrates: 13.81g (5.02%), Sugar: 4.75g (5.27%), Cholesterol: 11.29mg (3.76%), Sodium: 549.07mg (23.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Vitamin A: 12908.7IU (258.17%), Vitamin C: 22.28mg (27%), Manganese: 0.4mg (20.24%), Vitamin E: 2.82mg (18.82%), Fiber: 3.35g (13.38%), Potassium: 457.22mg (13.06%), Magnesium: 50.74mg (12.68%), Vitamin B6: 0.21mg (10.63%), Copper: 0.18mg (8.78%), Folate: 33.2µg (8.3%), Vitamin B1: 0.12mg (8.29%), Calcium: 81.52mg (8.15%), Vitamin B3: 1.51mg (7.54%), Phosphorus: 67.13mg (6.71%), Iron: 1.07mg (5.94%), Vitamin B2: 0.09mg (5.3%), Vitamin B5: 0.47mg (4.73%), Vitamin K: 3.85µg (3.67%), Zinc: 0.4mg (2.7%), Selenium: 1.07µg (1.53%)