



Fabio's Creamless Creamy Squash Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



135 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons amaretto italian crushed crisp finely (almond macaroon)
- ☐ 1 medium carrots chopped
- ☐ 1 rib celery chopped
- ☐ 2 teaspoons sea salt
- ☐ 2 tablespoons fine-quality olive oil plus additional extra-virgin for drizzling (preferably Tuscan)
- ☐ 1 medium onion chopped
- ☐ 1 small peperoncino or dried fresh whole green red italian hot (small pepper)
- ☐ 0.5 lb potatoes boiling peeled cut into 1/2-inch cubes

- ☐ 3.5 cups water plus additional boiling for thinning
- ☐ 1 lb winter squash such as butternut peeled seeded cut into 1/2-inch cubes

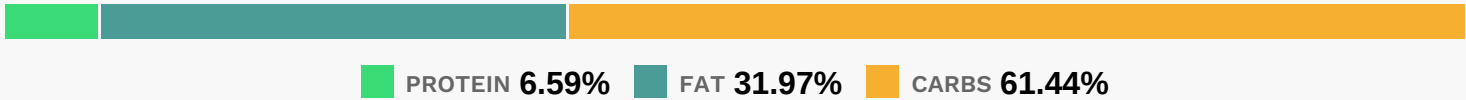
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Cook celery, carrot, and onion in 2 tablespoons oil in a 3-quart heavy saucepan over low heat, stirring occasionally, until tender but not browned, 10 to 12 minutes.
- ☐ Add squash, potatoes, peperoncino, and sea salt. Stir in 3 1/2 cups boiling water and simmer, covered, until vegetables are very tender, about 20 minutes.
- ☐ Remove and discard peperoncino (if using pepper flakes, leave in soup). Purée soup in batches in a blender (use caution when blending hot liquids), adding more water to thin to desired consistency.
- ☐ Serve soup drizzled with additional oil and sprinkled with amaretto crumbs.

Nutrition Facts



Properties

Glycemic Index:17.64, Glycemic Load:0.7, Inflammation Score:-10, Nutrition Score:11.745652126229%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 135.44kcal (6.77%), Fat: 5.12g (7.88%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 22.14g (7.38%), Net Carbohydrates: 19.03g (6.92%), Sugar: 7.14g (7.93%), Cholesterol: 0mg (0%), Sodium: 814.38mg (35.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.75%), Vitamin A: 9757.05IU (195.14%), Vitamin C: 25.64mg

(31.07%), Potassium: 512.11mg (14.63%), Manganese: 0.25mg (12.59%), Vitamin E: 1.87mg (12.49%), Fiber: 3.11g (12.45%), Vitamin B6: 0.24mg (11.82%), Magnesium: 39.43mg (9.86%), Folate: 34.29µg (8.57%), Vitamin B1: 0.13mg (8.39%), Vitamin B3: 1.53mg (7.66%), Copper: 0.14mg (7.24%), Vitamin K: 6.72µg (6.4%), Phosphorus: 58.68mg (5.87%), Iron: 0.99mg (5.53%), Calcium: 53.14mg (5.31%), Vitamin B5: 0.47mg (4.73%), Vitamin B2: 0.04mg (2.4%), Zinc: 0.32mg (2.16%)