



Farmhouse Butternut Squash Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



187 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices bacon
- ☐ 2 pounds butternut squash peeled seeded chopped
- ☐ 1 teaspoon caraway seeds
- ☐ 0.5 pounds carrots chopped
- ☐ 1 teaspoons cider vinegar
- ☐ 4 large garlic cloves chopped
- ☐ 1 apples i use 2 granny smith apples cored peeled chopped
- ☐ 3.5 cups chicken broth reduced-sodium

- ☐ 3 thyme sprigs
- ☐ 2 turkish bay leaf
- ☐ 2 cups water

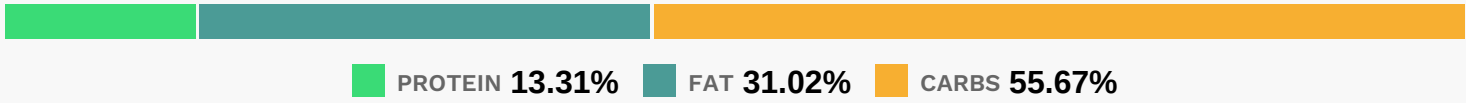
Equipment

- ☐ paper towels
- ☐ pot
- ☐ blender

Directions

- ☐ Cook bacon in a 4-to 6-quart heavy pot over medium heat until crisp.
- ☐ Transfer bacon to paper towels to drain.
- ☐ Add garlic and caraway seeds to fat in pot and cook, stirring occasionally, until garlic is pale golden, about 1 minute.
- ☐ Add squash, carrots, apple, thyme, bay leaves, broth, water, 3/4 teaspoon salt, and 1/2 teaspoon pepper and boil, uncovered, until vegetables are tender, 15 to 20 minutes. Discard thyme and bay leaves.
- ☐ Purée about 4 cups soup in a blender, in batches if necessary, until smooth (use caution when blending hot liquids). Return to pot and season with salt, pepper, and vinegar.
- ☐ Serve topped with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:32.31, Glycemic Load:2.52, Inflammation Score:-10, Nutrition Score:17.184347759122%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate:

0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 187.37kcal (9.37%), Fat: 7.01g (10.79%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 28.31g (9.44%), Net Carbohydrates: 23.25g (8.45%), Sugar: 8.48g (9.42%), Cholesterol: 9.68mg (3.23%), Sodium: 175.26mg (7.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.54%), Vitamin A: 22436.07IU (448.72%), Vitamin C: 36.89mg (44.71%), Potassium: 849.42mg (24.27%), Vitamin B3: 4.73mg (23.63%), Manganese: 0.42mg (21.14%), Fiber: 5.06g (20.23%), Vitamin B6: 0.38mg (18.93%), Vitamin E: 2.55mg (17.03%), Magnesium: 63.63mg (15.91%), Vitamin B1: 0.23mg (15.15%), Phosphorus: 134.47mg (13.45%), Folate: 49.29µg (12.32%), Copper: 0.23mg (11.75%), Calcium: 103.75mg (10.38%), Iron: 1.75mg (9.72%), Vitamin B5: 0.82mg (8.22%), Vitamin B2: 0.12mg (7.01%), Vitamin K: 7.35µg (7%), Selenium: 4.07µg (5.81%), Zinc: 0.7mg (4.67%), Vitamin B12: 0.21µg (3.52%)