



Gingered Butternut Squash and Apple Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



64 min.

SERVINGS



9

CALORIES



95 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 mcintosh apples cored peeled cut into 1-inch chunks 1 pound
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 pound butternut squash
- ☐ 0.5 cup celery minced
- ☐ 1 stick cinnamon 3-inch
- ☐ 5 cups less-sodium chicken broth fat-free
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion minced
- ☐ 0.5 teaspoon salt

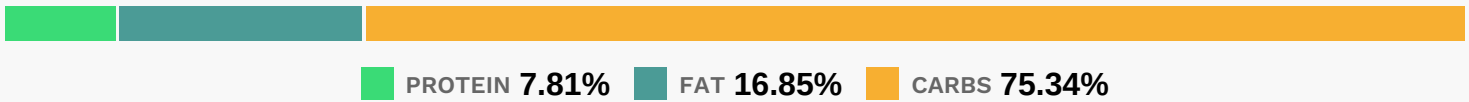
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ blender
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ Pierce squash several times with the tip of a sharp knife. Microwave at HIGH 1 minute.
- ☐ Cut squash in half lengthwise; remove seeds and membrane with a spoon. Peel squash, and cut into 1-inch chunks.
- ☐ Heat oil in a Dutch oven over medium heat.
- ☐ Add onion and next 3 ingredients; saut 5 minutes.
- ☐ Add ginger, squash, and apple to pan; saut 3 minutes.
- ☐ Add broth and cinnamon stick; bring to a boil. Cover, reduce heat, and simmer 30 minutes. Discard cinnamon stick.
- ☐ Place half of soup in a blender, and process until smooth.
- ☐ Transfer to a large bowl. Repeat with remaining soup. Return soup to pan. Stir in lemon juice, and cook over low heat 2 minutes or until thoroughly heated, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:15.89, Glycemic Load:1.9, Inflammation Score:-10, Nutrition Score:12.406521667605%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 95.05kcal (4.75%), Fat: 1.98g (3.05%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 19.93g (6.64%), Net Carbohydrates: 16.31g (5.93%), Sugar: 7.49g (8.32%), Cholesterol: 0mg (0%), Sodium: 654.82mg (28.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin A: 10763.77IU (215.28%), Vitamin C: 25mg (30.3%), Manganese: 0.34mg (16.88%), Fiber: 3.62g (14.47%), Potassium: 483.29mg (13.81%), Vitamin E: 1.78mg (11.87%), Vitamin B6: 0.22mg (10.87%), Magnesium: 40.68mg (10.17%), Vitamin B3: 2mg (10.01%), Folate: 35.43µg (8.86%), Vitamin B1: 0.13mg (8.43%), Calcium: 66.62mg (6.66%), Vitamin B5: 0.62mg (6.2%), Copper: 0.12mg (6.02%), Phosphorus: 58.78mg (5.88%), Iron: 1.03mg (5.74%), Selenium: 3.41µg (4.87%), Vitamin K: 4.86µg (4.63%), Vitamin B12: 0.25µg (4.2%), Vitamin B2: 0.07mg (3.87%), Zinc: 0.24mg (1.61%)