



Gingered Winter Squash-and-Root Vegetable Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



11

CALORIES



129 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black
- 2 pounds butternut squash cubed peeled
- 0.5 teaspoon mustard dry
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground cumin
- 1 teaspoon ground ginger
- 0.3 teaspoon mace

- 0.1 teaspoon ground pepper red
- 52.5 ounce low-salt chicken broth canned
- 1 large onion cut into 1-inch pieces
- 0.8 cup parsnips 1-inch-thick sliced ()
- 0.5 teaspoon salt
- 1 cup skim milk
- 0.8 pound sweet potatoes and into cubed peeled
- 2 tablespoons vegetable oil

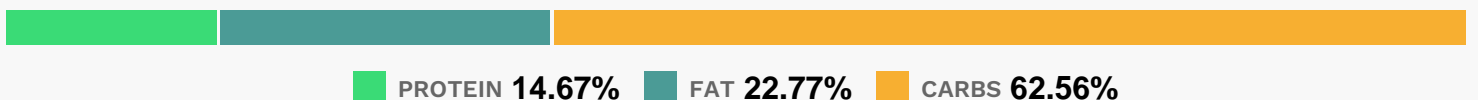
Equipment

- food processor
- bowl
- frying pan
- pot
- blender

Directions

- Heat oil in a large stockpot over medium heat.
- Add onion and next 8 ingredients (onion through red pepper); saut 2 minutes. Reduce heat to low; cover and cook 5 minutes or until onion is tender.
- Add squash, sweet potato, parsnip, and broth. Bring to a boil; reduce heat, and simmer, partially covered, 30 minutes or until tender.
- Place one-third of vegetable mixture in a blender or food processor; process until smooth.
- Pour pured vegetable mixture into a large bowl. Repeat procedure with remaining vegetable mixture. Return pured mixture to pan; stir in milk. Cook over low heat 5 minutes or until thoroughly heated, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:22.2, Glycemic Load:4.34, Inflammation Score:-10, Nutrition Score:13.703478300053%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 128.97kcal (6.45%), Fat: 3.52g (5.42%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 18.43g (6.7%), Sugar: 5.44g (6.04%), Cholesterol: 0.67mg (0.22%), Sodium: 177.46mg (7.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.22%), Vitamin A: 13211.43IU (264.23%), Vitamin C: 20.66mg (25.04%), Manganese: 0.4mg (19.82%), Potassium: 608.18mg (17.38%), Vitamin B3: 3.15mg (15.75%), Fiber: 3.35g (13.4%), Vitamin B6: 0.25mg (12.27%), Phosphorus: 118.3mg (11.83%), Magnesium: 45.07mg (11.27%), Vitamin E: 1.62mg (10.83%), Copper: 0.2mg (9.8%), Calcium: 92.24mg (9.22%), Vitamin B1: 0.14mg (9.01%), Folate: 35.03µg (8.76%), Vitamin K: 8.22µg (7.83%), Vitamin B5: 0.73mg (7.3%), Iron: 1.25mg (6.97%), Vitamin B2: 0.11mg (6.75%), Vitamin B12: 0.26µg (4.41%), Zinc: 0.55mg (3.66%), Selenium: 1.58µg (2.25%), Vitamin D: 0.25µg (1.63%)