



## Gisela's Butternut Squash Soup

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons butter
- 2 pound butternut squash peeled seeded cut into 1-inch cubes
- 14.5 ounce chicken broth canned
- 1 juice of orange juiced
- 1 juice of orange juiced
- 1 onion finely chopped
- 4 servings salt and pepper to taste
- 3 tablespoons cup heavy whipping cream sour

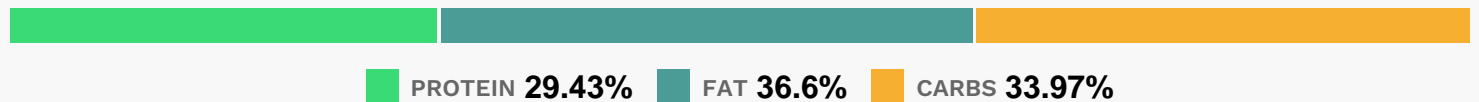
## Equipment

- sauce pan
- whisk
- pot
- blender
- kitchen towels

## Directions

- Melt butter in a large saucepan or soup pot over medium heat, and cook and stir the onion until translucent, about 5 minutes.
- Pour in the chicken broth, and stir in the butternut squash cubes, orange juice, and orange zest. Bring to a boil, reduce heat, and simmer until the squash cubes are tender, 15 to 20 minutes.
- Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour back into the pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.
- Whisk in sour cream until smooth, and season to taste with salt and pepper.
- Heat over medium-low heat until almost simmering, and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:45.25, Glycemic Load:2.16, Inflammation Score:-10, Nutrition Score:24.453478437403%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.59mg, Hesperetin: 3.59mg, Hesperetin: 3.59mg, Hesperetin: 3.59mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg

0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

## Nutrients (% of daily need)

Calories: 384.69kcal (19.23%), Fat: 16.06g (24.71%), Saturated Fat: 6.89g (43.04%), Carbohydrates: 33.55g (11.18%), Net Carbohydrates: 28.48g (10.36%), Sugar: 8.99g (9.99%), Cholesterol: 71.74mg (23.91%), Sodium: 747.4mg (32.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.06g (58.12%), Vitamin A: 24581.88IU (491.64%), Vitamin C: 64.74mg (78.48%), Potassium: 1068.68mg (30.53%), Vitamin B6: 0.59mg (29.67%), Selenium: 20.61µg (29.45%), Vitamin B3: 5.35mg (26.76%), Magnesium: 103.73mg (25.93%), Vitamin E: 3.81mg (25.39%), Phosphorus: 253.67mg (25.37%), Manganese: 0.5mg (24.96%), Fiber: 5.06g (20.25%), Zinc: 3.01mg (20.05%), Folate: 78.27µg (19.57%), Vitamin B1: 0.27mg (17.91%), Vitamin B12: 1.06µg (17.64%), Iron: 3.05mg (16.95%), Calcium: 143.76mg (14.38%), Copper: 0.24mg (12.02%), Vitamin B2: 0.18mg (10.71%), Vitamin B5: 1.04mg (10.36%), Vitamin K: 5.62µg (5.36%)