



Gluten-Free Butternut Squash Soup

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



163 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup onion chopped
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 1 lb butternut squash peeled seeded cut into 1-inch cubes
- ☐ 2 medium pears peeled sliced
- ☐ 1 teaspoon thyme leaves dried fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper white

- ☐ 0.3 teaspoon ground coriander
- ☐ 1 cup whipping cream (heavy)
- ☐ 1 medium pears unpeeled sliced
- ☐ 0.5 cup pecans toasted chopped

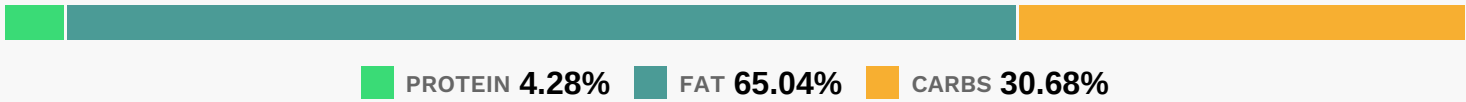
Equipment

- ☐ food processor
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Melt butter in Dutch oven over medium heat. Cook onion in butter, stirring occasionally, until tender. Stir in broth, squash, 2 sliced pears, thyme, salt, white pepper and coriander.
- ☐ Heat to boiling; reduce heat. Cover and simmer 10 to 15 minutes or until squash is tender.
- ☐ Pour about half of the soup into food processor or blender. Cover and process until smooth; pour into another container. Repeat with remaining soup. Return soup to Dutch oven.
- ☐ Stir whipping cream into soup.
- ☐ Heat over medium heat, stirring frequently, until hot (do not boil).
- ☐ Garnish with sliced unpeeled pear and pecans.

Nutrition Facts



Properties

Glycemic Index:12.96, Glycemic Load:2.14, Inflammation Score:-10, Nutrition Score:8.8195651277252%

Flavonoids

Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 163.11kcal (8.16%), Fat: 12.5g (19.23%), Saturated Fat: 5.26g (32.87%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 10.53g (3.83%), Sugar: 6.36g (7.07%), Cholesterol: 23.1mg (7.7%), Sodium: 205.21mg (8.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Vitamin A: 4415.49IU (88.31%), Manganese: 0.33mg (16.61%), Vitamin C: 10.8mg (13.09%), Fiber: 2.74g (10.95%), Potassium: 240.6mg (6.87%), Copper: 0.13mg (6.49%), Vitamin E: 0.93mg (6.21%), Magnesium: 24.37mg (6.09%), Vitamin B1: 0.09mg (5.85%), Vitamin B2: 0.09mg (5.07%), Vitamin B6: 0.1mg (4.82%), Phosphorus: 46.16mg (4.62%), Calcium: 43.13mg (4.31%), Folate: 16.48µg (4.12%), Vitamin B3: 0.68mg (3.39%), Iron: 0.56mg (3.11%), Vitamin K: 3.19µg (3.04%), Vitamin B5: 0.28mg (2.77%), Zinc: 0.4mg (2.64%), Vitamin D: 0.32µg (2.12%), Selenium: 1.18µg (1.69%)