



## Ham and Butternut Squash Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



15 min.

SERVINGS



4

CALORIES



157 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 24 oz butternut squash frozen
- 1 cup chicken broth reduced-sodium (from 32-oz carton)
- 2 tablespoons cinnamon
- 0.5 teaspoon pepper
- 2 teaspoons olive oil
- 1 cup finely-chopped ham diced cooked
- 1 tablespoon rosemary leaves fresh chopped

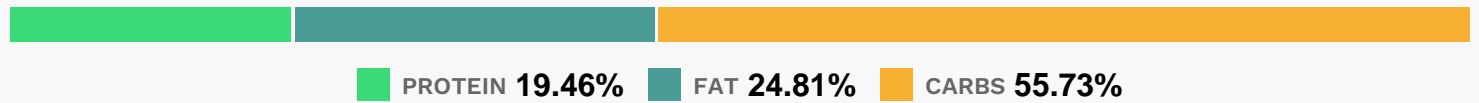
### Equipment

- bowl
- frying pan
- paper towels
- ladle
- microwave

## Directions

- Microwave squash on High 5 minutes or until thawed. In large microwavable bowl, mix squash, broth, cinnamon-sugar and pepper. Microwave uncovered on High 3 to 5 minutes or until thoroughly heated.
- Meanwhile, in 10-inch nonstick skillet, heat oil over medium-high heat. Pat ham dry with paper towels. Cook ham in oil 2 minutes, stirring occasionally, until lightly browned.
- Add rosemary; cook 1 minute longer.
- Ladle soup into 4 bowls; sprinkle ham topping in center of each bowl.

## Nutrition Facts



## Properties

Glycemic Index:9.25, Glycemic Load:0.09, Inflammation Score:-10, Nutrition Score:19.62260864092%

## Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 156.92kcal (7.85%), Fat: 4.76g (7.33%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 24.08g (8.03%), Net Carbohydrates: 18.42g (6.7%), Sugar: 3.91g (4.34%), Cholesterol: 20.62mg (6.87%), Sodium: 351.41mg (15.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.41g (16.81%), Vitamin A: 18109.11IU (362.18%), Manganese: 1.09mg (54.61%), Vitamin C: 42.56mg (51.59%), Fiber: 5.66g (22.64%), Potassium: 752.79mg (21.51%), Vitamin B1: 0.32mg (21.41%), Vitamin B3: 3.91mg (19.57%), Vitamin E: 2.83mg (18.89%), Vitamin B6: 0.35mg (17.44%), Magnesium: 67.64mg (16.91%), Phosphorus: 159.61mg (15.96%), Calcium: 128.49mg (12.85%), Folate: 47.6µg (11.9%), Iron: 1.96mg (10.87%), Copper: 0.2mg (10.16%), Vitamin B5: 0.95mg (9.49%), Selenium: 6.58µg (9.4%), Vitamin B12: 0.46µg (7.62%), Vitamin B2: 0.12mg (7.16%), Zinc: 1.02mg (6.83%), Vitamin K: 4.73µg (4.51%)