



Ham and Butternut Squash Soup



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



170 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

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

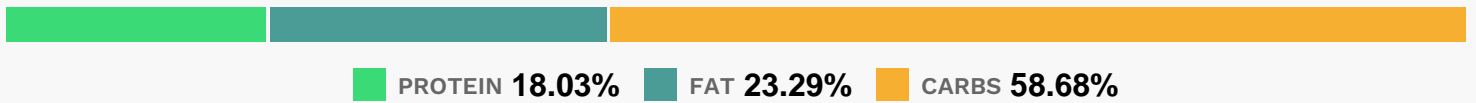
Equipment

- 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:25.52, Glycemic Load:4.22, Inflammation Score:-10, Nutrition Score:17.243478287821%

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: 170.14kcal (8.51%), Fat: 4.73g (7.28%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 23.3g (8.47%), Sugar: 9.81g (10.9%), Cholesterol: 20.62mg (6.87%), Sodium: 351.07mg (15.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.49%), Vitamin A: 18097.31IU (361.95%), Vitamin C: 42.41mg (51.41%), Vitamin B1: 0.32mg (21.35%), Potassium: 735.67mg (21.02%), Manganese: 0.39mg (19.69%), Vitamin B3: 3.86mg (19.3%), Vitamin E: 2.74mg (18.27%), Vitamin B6: 0.34mg (17.13%), Magnesium: 65.24mg (16.31%), Phosphorus: 157.05mg (15.7%), Fiber: 3.54g (14.14%), Folate: 47.36µg (11.84%), Copper: 0.19mg (9.5%), Vitamin B5: 0.93mg (9.35%), Selenium: 6.49µg (9.27%), Iron: 1.63mg (9.04%), Calcium: 88.47mg (8.85%), Vitamin B12: 0.46µg (7.62%), Vitamin B2: 0.12mg (7.14%), Zinc: 0.95mg (6.35%), Vitamin K: 3.48µg (3.32%)