



## Ham and Butternut Squash Soup



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



174 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 24 ounce butternut squash frozen (such as McKenzie's)
- ☐ 2 tablespoons cinnamon sugar
- ☐ 1.5 cups ham diced (such as Cumberland Gap)
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 cup less-sodium chicken stock fat-free
- ☐ 2 teaspoons olive oil

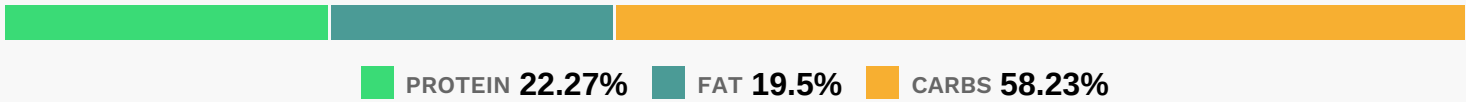
## Equipment

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

## Directions

- ☐ Microwave packages of squash at HIGH 5 minutes or until thawed.
- ☐ Combine squash with stock, cinnamon sugar, and pepper in a large microwave-safe bowl. Microwave at HIGH 3 to 5 minutes or until thoroughly heated.
- ☐ While squash mixture cooks, heat oil in a large nonstick skillet over medium-high heat. Pat ham dry with paper towels.
- ☐ Add ham to pan, and cook 2 minutes or until lightly browned.
- ☐ Add rosemary, and cook 1 minute, stirring occasionally.
- ☐ Ladle soup evenly into 4 bowls, and sprinkle ham topping evenly in center of each bowl.

## Nutrition Facts



## Properties

Glycemic Index:25.52, Glycemic Load:4.22, Inflammation Score:-10, Nutrition Score:14.360434853512%

## 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: 173.85kcal (8.69%), Fat: 4.11g (6.32%), Saturated Fat: 0.44g (2.72%), Carbohydrates: 27.59g (9.2%), Net Carbohydrates: 24.06g (8.75%), Sugar: 10.57g (11.74%), Cholesterol: 22.9mg (7.63%), Sodium: 582.06mg (25.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.55g (21.11%), Vitamin A: 18097.31IU (361.95%), Vitamin C: 35.83mg (43.43%), Manganese: 0.38mg (19.03%), Potassium: 656.28mg (18.75%), Vitamin E: 2.74mg (18.27%), Magnesium: 59.31mg (14.83%), Vitamin B3: 2.86mg (14.28%), Fiber: 3.54g (14.14%), Vitamin B6: 0.27mg (13.51%), Folate: 46.51µg (11.63%), Vitamin B1: 0.17mg (11.37%), Iron: 1.66mg (9.23%), Calcium: 86.78mg (8.68%), Copper: 0.16mg (7.89%), Phosphorus: 74.56mg (7.46%), Vitamin B5: 0.69mg (6.88%), Vitamin K: 3.48µg (3.32%), Vitamin

B2: 0.05mg (3.18%), Zinc: 0.32mg (2.15%), Selenium: 0.9µg (1.28%)