



Nancy's Butternut Squash and Apple Soup



Vegetarian



Gluten Free

READY IN



90 min.

SERVINGS



5

CALORIES



279 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter to taste
- ☐ 1 large butternut squash halved lengthwise seeded
- ☐ 6 cups chicken stock see divided
- ☐ 3 granny smith apples cored chopped
- ☐ 3 large shallots chopped

Equipment

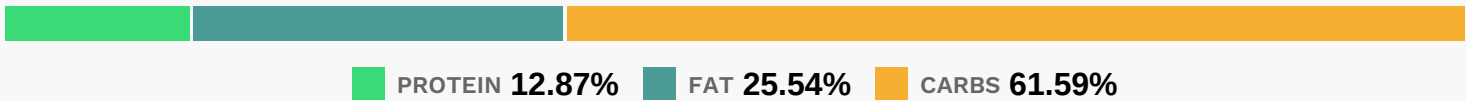
- ☐ oven
- ☐ pot

- ☐ baking pan
- ☐ immersion blender

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Pour enough water into a baking dish to be about 3/4-inch deep. Lie squash halves into the water with the cut side facing up.
- ☐ Roast in preheated oven until a fork easily pierces through the flesh, 45 to 50 minutes;
- ☐ Remove from oven and flip squash; let cool enough to handle.
- ☐ Melt butter in a large pot over medium heat.
- ☐ Saute shallots in hot butter until softened, 5 to 7 minutes.
- ☐ Pour 3 to 5 cups chicken stock into the pot; stir.
- ☐ Add apples to the stock; bring to a boil, reduce heat to medium-low, and simmer until the apples are tender, 20 to 30 minutes.
- ☐ Use a fork to scrape the flesh from the butternut squash, finishing with a spoon to get the last bits away from the skin; add to the simmering stock.
- ☐ Add remaining 3 cups stock to the pot, bring mixture to a simmer, and continue to cook until everything is heated through, 5 to 10 minutes.
- ☐ Puree soup with an immersion blender until smooth.

Nutrition Facts



Properties

Glycemic Index:22.4, Glycemic Load:4.6, Inflammation Score:-10, Nutrition Score:19.214782576198%

Flavonoids

Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg, Cyanidin: 1.71mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 8.22mg, Epicatechin: 8.22mg, Epicatechin: 8.22mg, Epicatechin: 8.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg,
Epigallocatechin 3–gallate: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg
Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.38mg, Quercetin:
4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 278.92kcal (13.95%), Fat: 8.35g (12.84%), Saturated Fat: 3.87g (24.17%), Carbohydrates: 45.29g (15.1%),
Net Carbohydrates: 39.19g (14.25%), Sugar: 20.39g (22.66%), Cholesterol: 20.68mg (6.89%), Sodium: 456.74mg
(19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.93%), Vitamin A: 16153.15IU (323.06%),
Vitamin C: 38.3mg (46.42%), Vitamin B3: 6.48mg (32.41%), Potassium: 998.69mg (28.53%), Vitamin B6: 0.5mg
(25.17%), Fiber: 6.1g (24.4%), Manganese: 0.38mg (19.25%), Vitamin B1: 0.28mg (18.58%), Vitamin B2: 0.31mg
(18.12%), Magnesium: 71.24mg (17.81%), Vitamin E: 2.58mg (17.19%), Folate: 63.44µg (15.86%), Copper: 0.31mg
(15.31%), Phosphorus: 149.62mg (14.96%), Iron: 1.97mg (10.93%), Selenium: 7.32µg (10.46%), Calcium: 94.09mg
(9.41%), Vitamin B5: 0.72mg (7.16%), Zinc: 0.74mg (4.91%), Vitamin K: 5.14µg (4.9%)