



Pinto Bean, Tomato and Butternut Squash Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



194 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups pieces butternut squash peeled seeded
- ☐ 30 ounce pinto beans drained canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 cup celery chopped
- ☐ 6 tablespoons basil fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon olive oil

- ☐ 2 cups onions chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 4 cups vegetable broth canned

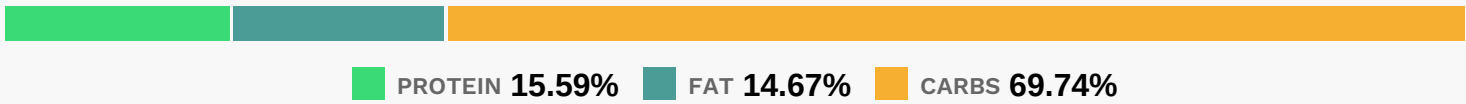
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Heat oil in heavy large pot over medium-high heat.
- ☐ Add onions and celery; sauté until onions are golden, about 7 minutes.
- ☐ Add garlic; stir 1 minute.
- ☐ Add broth and next 5 ingredients; bring to boil. Reduce heat; cover and simmer until squash is tender, about 15 minutes.
- ☐ Transfer 3 cups soup to blender; cool slightly, then puree until smooth. Return puree to pot with soup. Simmer until heated through, about 5 minutes. Season with salt and pepper.
- ☐ Ladle soup into 6 bowls.
- ☐ Sprinkle each with 1 tablespoon basil and serve.
- ☐ Per serving: calories, 228; total fat, 4 g; saturated fat, 0.5 g; cholesterol, 0 mg
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:9.03, Inflammation Score:-10, Nutrition Score:16.764347739842%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg

Nutrients (% of daily need)

Calories: 194.18kcal (9.71%), Fat: 3.32g (5.1%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 35.49g (11.83%), Net Carbohydrates: 26.58g (9.67%), Sugar: 6.34g (7.05%), Cholesterol: 0mg (0%), Sodium: 1027.3mg (44.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.93g (15.87%), Vitamin A: 5531.78IU (110.64%), Fiber: 8.9g (35.61%), Manganese: 0.71mg (35.35%), Potassium: 698.52mg (19.96%), Vitamin C: 16.25mg (19.7%), Vitamin K: 20.62µg (19.64%), Magnesium: 72.76mg (18.19%), Phosphorus: 170.49mg (17.05%), Folate: 65.07µg (16.27%), Iron: 2.82mg (15.66%), Copper: 0.31mg (15.37%), Vitamin B6: 0.29mg (14.4%), Vitamin E: 2.01mg (13.43%), Calcium: 121.08mg (12.11%), Vitamin B1: 0.15mg (10.28%), Zinc: 1.03mg (6.88%), Vitamin B3: 1.12mg (5.61%), Vitamin B5: 0.51mg (5.07%), Vitamin B2: 0.06mg (3.71%), Selenium: 0.91µg (1.29%)