



Roasted Acorn, Butternut, and Apple Soup

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



268 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 acorn squashes halved seeded
- 2 cups apple cider
- 0.5 cup brown sugar
- 0.5 cup butter softened
- 1 butternut squash halved lengthwise seeded
- 3 granny smith apples cored peeled
- 0.5 cup honey
- 1 tablespoon olive oil to taste

- 1 tablespoon thyme leaves
- 8 cups vegetable stock
- 1 cup water
- 1 large onion diced white

Equipment

- bowl
- frying pan
- oven
- pot
- blender

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Mix butter, brown sugar, and honey together in a bowl. Spoon about 1/6 of the butter mixture into the cavities of each of the butternut squash halves and the acorn squash halves. Arrange squash halves in large baking dishes.
- Roast squash in preheated oven for about 30 minutes. Arrange apples around the squash halves and continue baking until flesh is easily removable with a spoon, about 30 minutes more.
- When you add the apples to the oven, heat olive oil in a small skillet over medium-low heat; add onion and thyme. Cook onion, stirring frequently, until completely caramelized, about 30 minutes.
- Scoop roasted squash into a large pot; add apples and caramelized onion.
- Pour vegetable stock, apple cider, and water into the pot; bring to a boil and remove from heat.
- Pour soup into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth. Reheat before serving, as needed.

Nutrition Facts



■ PROTEIN 2.32% ■ FAT 28.65% ■ CARBS 69.03%

Properties

Glycemic Index:24.34, Glycemic Load:10.7, Inflammation Score:-10, Nutrition Score:12.452608705863%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 267.94kcal (13.4%), Fat: 9.12g (14.03%), Saturated Fat: 5.08g (31.75%), Carbohydrates: 49.47g (16.49%), Net Carbohydrates: 45.65g (16.6%), Sugar: 32.25g (35.83%), Cholesterol: 20.34mg (6.78%), Sodium: 698.86mg (30.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Vitamin A: 7530.37IU (150.61%), Vitamin C: 25.4mg (30.79%), Potassium: 601.29mg (17.18%), Manganese: 0.33mg (16.73%), Fiber: 3.82g (15.28%), Magnesium: 52.16mg (13.04%), Vitamin B6: 0.26mg (12.85%), Vitamin B1: 0.19mg (12.37%), Vitamin E: 1.38mg (9.17%), Folate: 33.75µg (8.44%), Calcium: 76.15mg (7.61%), Iron: 1.3mg (7.24%), Vitamin B3: 1.38mg (6.9%), Copper: 0.13mg (6.47%), Vitamin B5: 0.63mg (6.34%), Phosphorus: 61.69mg (6.17%), Vitamin B2: 0.05mg (3.11%), Vitamin K: 3.1µg (2.96%), Zinc: 0.29mg (1.93%), Selenium: 1.09µg (1.56%)