



Roasted Butternut Squash and Shallot Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



82 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups butternut squash cubed peeled (1-inch) ()
- 2 tablespoons chives fresh chopped
- 0.5 inch ginger fresh peeled thinly sliced
- 2.5 cups lower-sodium chicken broth fat-free
- 1 tablespoon olive oil
- 0.3 teaspoon salt
- 4 large shallots peeled halved

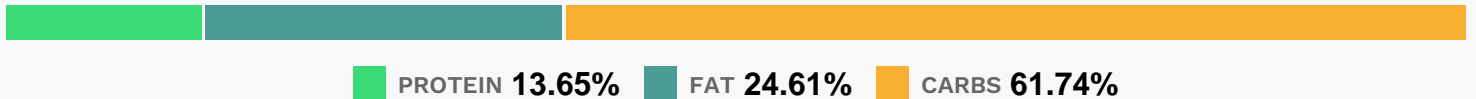
Equipment

- sauce pan
- oven
- blender
- roasting pan

Directions

- Preheat oven to 37
- Combine first 5 ingredients in a roasting pan or jelly-roll pan; toss well.
- Bake at 375 for 50 minutes or until tender, stirring occasionally. Cool 10 minutes.
- Place half of squash mixture and half of broth in a blender.
- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- Pour into a large saucepan. Repeat procedure with remaining squash mixture and broth. Cook over medium heat 5 minutes or until thoroughly heated. Top with chives and pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.7, Inflammation Score:-10, Nutrition Score:10.742608733799%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 81.64kcal (4.08%), Fat: 2.45g (3.78%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 11.42g (4.15%), Sugar: 3.39g (3.77%), Cholesterol: 0mg (0%), Sodium: 286.11mg (12.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.13%), Vitamin A: 9965.53IU (199.31%), Vitamin C: 21.54mg (26.11%), Potassium: 589.62mg (16.85%), Manganese: 0.24mg (12.13%), Vitamin E: 1.69mg (11.27%), Vitamin B6: 0.2mg (10.18%), Fiber: 2.44g (9.75%), Magnesium: 35.91mg (8.98%), Folate: 31.98µg (8%), Vitamin B1: 0.1mg (6.95%), Vitamin B3: 1.16mg (5.82%), Calcium: 52.06mg (5.21%), Iron: 0.89mg (4.93%), Vitamin K: 4.7µg (4.47%), Vitamin B5:

0.43mg (4.26%), Copper: 0.08mg (4.24%), Phosphorus: 41.58mg (4.16%), Zinc: 0.21mg (1.43%), Vitamin B2: 0.02mg (1.37%)