



## Roasted Butternut Squash and Shallot Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



79 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

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

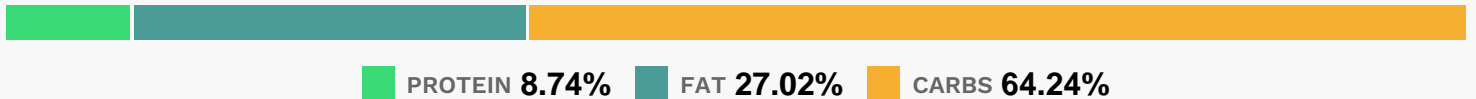
### Equipment

- 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:11.23869562149%

## 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: 79.18kcal (3.96%), Fat: 2.62g (4.02%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 13.99g (4.66%), Net Carbohydrates: 11.55g (4.2%), Sugar: 3.54g (3.93%), Cholesterol: 0mg (0%), Sodium: 489.63mg (21.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Vitamin A: 9965.53IU (199.31%), Vitamin C: 21.54mg (26.11%), Manganese: 0.25mg (12.65%), Potassium: 418mg (11.94%), Vitamin E: 1.69mg (11.27%), Vitamin B6: 0.22mg (10.84%), Fiber: 2.44g (9.75%), Magnesium: 36.85mg (9.21%), Vitamin B3: 1.69mg (8.46%), Folate: 32.93µg (8.23%), Vitamin B1: 0.11mg (7.39%), Iron: 1.02mg (5.66%), Calcium: 55.85mg (5.58%), Vitamin B5: 0.54mg (5.4%), Phosphorus:

51.98mg (5.2%), Copper: 0.1mg (5.14%), Vitamin K: 4.7µg (4.47%), Selenium: 2.76µg (3.94%), Vitamin B12: 0.19µg (3.15%), Vitamin B2: 0.04mg (2.54%), Zinc: 0.23mg (1.56%)