



Slow-Cooker Butternut Squash Soup

 Gluten Free

READY IN



405 min.

SERVINGS



6

CALORIES



247 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 0.5 cup onion chopped
- 2 lb butternut squash cubed peeled
- 2 cups water
- 0.5 teaspoon marjoram dried
- 0.3 teaspoon pepper black
- 0.1 teaspoon ground pepper red (cayenne)
- 4 chicken stock cube

8 oz cream cheese cubed

Equipment

food processor

frying pan

whisk

blender

slow cooker

Directions

In 10-inch skillet, melt butter over medium heat.

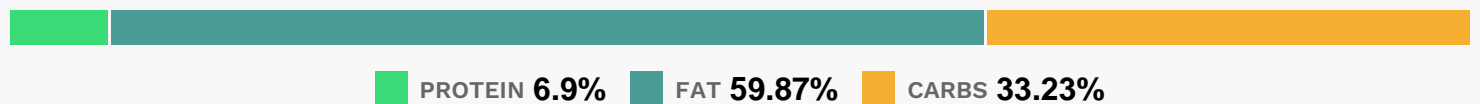
Add onion; cook, stirring occasionally, until crisp-tender.

In 3- to 4-quart slow cooker, mix onion and remaining ingredients except cream cheese.

Cover; cook on Low heat setting 6 to 8 hours.

In blender or food processor, place one-third to one-half of mixture at a time. Cover; blend on high speed until smooth. Return mixture to slow cooker. Stir in cream cheese. Cover; cook on Low heat setting about 30 minutes longer or until cheese is melted, stirring with wire whisk until smooth.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:0.85, Inflammation Score:-10, Nutrition Score:14.468695676845%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 246.71kcal (12.34%), Fat: 17.3g (26.62%), Saturated Fat: 8.55g (53.41%), Carbohydrates: 21.61g (7.2%), Net Carbohydrates: 18.32g (6.66%), Sugar: 5.78g (6.42%), Cholesterol: 38.52mg (12.84%), Sodium: 809.92mg (35.21%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.97%), Vitamin A: 16765.65IU (335.31%), Vitamin C: 32.81mg (39.77%), Vitamin E: 2.68mg (17.84%), Potassium: 613.85mg (17.54%), Manganese: 0.34mg (17.13%), Magnesium: 58.8mg (14.7%), Vitamin B6: 0.27mg (13.72%), Fiber: 3.29g (13.15%), Calcium: 121.66mg (12.17%), Folate: 47.74µg (11.93%), Vitamin B1: 0.17mg (11.29%), Phosphorus: 99.99mg (10%), Vitamin B3: 1.94mg (9.68%), Vitamin B5: 0.86mg (8.58%), Vitamin B2: 0.13mg (7.91%), Selenium: 4.83µg (6.9%), Copper: 0.13mg (6.74%), Iron: 1.17mg (6.52%), Zinc: 0.45mg (3.01%), Vitamin K: 2.73µg (2.6%), Vitamin B12: 0.1µg (1.6%)