



Slow-Cooker Maple Butternut Squash Soup

 Vegetarian  Gluten Free

READY IN



460 min.

SERVINGS



8

CALORIES



175 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 lb butternut squash cubed peeled seeded
- 1 large apples peeled chopped
- 1 large onion cut into 1-inch pieces
- 1 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 0.5 teaspoon salt
- 0.1 teaspoon pepper
- 32 oz chicken broth (4 cups)

- 0.5 cup maple syrup
- 0.8 cup yogurt plain sour
- 2 tablespoons chives fresh chopped
- 0.5 cup frangelico

Equipment

- blender
- measuring cup
- slow cooker

Directions

- Spray 4- to 5-quart slow cooker with cooking spray. In cooker, mix squash, apple, onion, cinnamon, nutmeg, salt and pepper.
- Pour broth over vegetable mixture.
- Cover; cook on Low heat setting 7 to 8 hours (or on High heat setting 3 hours 30 minutes to 4 hours).
- Pour about 3 cups of the soup mixture into blender. Cover; blend until smooth.
- Pour into 8-cup measuring cup or heat-proof pitcher. Blend remaining soup mixture in 2 more batches; pour into measuring cup.
- Pour pureed soup back into slow cooker. Stir in half-and-half and syrup.
- If needed, increase heat setting to High; cover and cook about 15 minutes longer or unto hot. Top each serving with yogurt; sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:33.31, Glycemic Load:6.59, Inflammation Score:-10, Nutrition Score:17.811739171329%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg, Epicatechin: 2.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 175.27kcal (8.76%), Fat: 1.28g (1.96%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 40.93g (13.64%), Net Carbohydrates: 36.35g (13.22%), Sugar: 21.11g (23.45%), Cholesterol: 5.25mg (1.75%), Sodium: 586.33mg (25.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Vitamin A: 18155.45IU (363.11%), Manganese: 0.95mg (47.4%), Vitamin C: 38.95mg (47.22%), Vitamin B2: 0.4mg (23.68%), Potassium: 761.42mg (21.75%), Fiber: 4.58g (18.3%), Magnesium: 69.97mg (17.49%), Vitamin E: 2.57mg (17.13%), Vitamin B6: 0.3mg (15.25%), Vitamin B1: 0.23mg (15.22%), Calcium: 145.55mg (14.55%), Folate: 52.84µg (13.21%), Vitamin B3: 2.38mg (11.9%), Phosphorus: 91.9mg (9.19%), Vitamin B5: 0.82mg (8.24%), Copper: 0.16mg (8.01%), Iron: 1.42mg (7.87%), Zinc: 0.67mg (4.44%), Vitamin K: 4.33µg (4.13%), Selenium: 1.92µg (2.75%), Vitamin B12: 0.11µg (1.79%)