



Slow-Cooker Maple Butternut Squash Soup

 Vegetarian  Gluten Free

READY IN



460 min.

SERVINGS



8

CALORIES



195 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large apples peeled chopped
- ☐ 3 lb butternut squash cubed peeled seeded
- ☐ 32 oz chicken broth (4 cups)
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.5 cup half and half
- ☐ 0.5 cup maple syrup

- ☐ 1 large onion cut into 1-inch pieces
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup yogurt plain sour

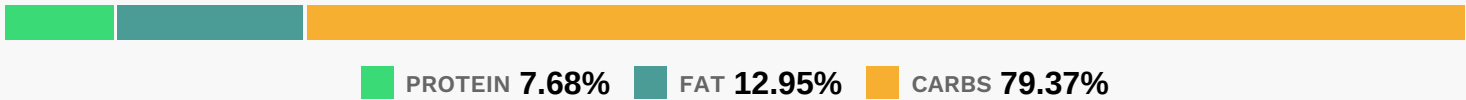
Equipment

- ☐ 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:18.216956590829%

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: 195.08kcal (9.75%), Fat: 3.02g (4.64%), Saturated Fat: 1.65g (10.29%), Carbohydrates: 41.58g (13.86%), Net Carbohydrates: 37g (13.46%), Sugar: 21.73g (24.15%), Cholesterol: 10.55mg (3.52%), Sodium: 595.56mg (25.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin A: 18208.99IU (364.18%), Manganese: 0.95mg (47.4%), Vitamin C: 39.09mg (47.38%), Vitamin B2: 0.43mg (25.4%), Potassium: 781.38mg (22.33%), Fiber: 4.58g (18.3%), Magnesium: 71.48mg (17.87%), Vitamin E: 2.61mg (17.39%), Calcium: 161.73mg (16.17%), Vitamin B6: 0.31mg (15.63%), Vitamin B1: 0.23mg (15.52%), Folate: 53.29µg (13.32%), Vitamin B3: 2.4mg (11.98%), Phosphorus: 106.27mg (10.63%), Vitamin B5: 0.87mg (8.67%), Copper: 0.16mg (8.08%), Iron: 1.42mg (7.92%), Zinc: 0.73mg (4.83%), Vitamin K: 4.53µg (4.31%), Selenium: 2.41µg (3.44%), Vitamin B12: 0.14µg (2.27%)