



Spiced Apple and Butternut Squash Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



22 min.

SERVINGS



3

CALORIES



222 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 32 ounces boxed butternut squash soup
- ☐ 2 cup granny smith apples peeled sliced chopped (1 and 1)
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 3 teaspoons olive oil divided
- ☐ 1 large shallots chopped

Equipment

- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat; cook apple slices, stirring until golden (about 23 minutes).
- ☐ Transfer to a plate.
- ☐ Add remaining 1 1/2 teaspoons oil to skillet; cook chopped apple and shallot over medium heat, stirring until golden (about 23 minutes).
- ☐ Place soup in a large saucepan; bring to a boil. Stir in chopped apples and shallot, nutmeg, and cinnamon; simmer until apples are tender (about 6 minutes).
- ☐ Ladle the soup into bowls; top with the remaining cooked apple slices. Dust with freshly grated nutmeg, if desired; serve.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:3.41, Inflammation Score:-10, Nutrition Score:22.420000148856%

Flavonoids

Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 221.65kcal (11.08%), Fat: 4.51g (6.94%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 48.33g (16.11%), Net Carbohydrates: 39.98g (14.54%), Sugar: 16.02g (17.8%), Cholesterol: 0mg (0%), Sodium: 14.04mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin A: 32190.08IU (643.8%), Vitamin C: 68.01mg

(82.43%), Vitamin E: 5.08mg (33.89%), Potassium: 1182.05mg (33.77%), Manganese: 0.67mg (33.46%), Fiber: 8.35g (33.4%), Magnesium: 109.04mg (27.26%), Vitamin B6: 0.53mg (26.44%), Folate: 87.11µg (21.78%), Vitamin B1: 0.32mg (21.48%), Vitamin B3: 3.72mg (18.62%), Calcium: 153.58mg (15.36%), Iron: 2.34mg (13.02%), Vitamin B5: 1.28mg (12.85%), Copper: 0.25mg (12.46%), Phosphorus: 114.31mg (11.43%), Vitamin K: 7.63µg (7.27%), Vitamin B2: 0.08mg (4.94%), Zinc: 0.52mg (3.49%), Selenium: 1.61µg (2.31%)