



Spiced Apple-Butternut Squash Soup

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



144 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp butter
- 6 cups butternut squash peeled chopped (2 lb. each)
- 0.5 cup philadelphia honey pecan cream cheese spread
- 2 granny smith apples peeled chopped
- 0.1 tsp ground nutmeg
- 1 onion chopped
- 42 oz vegetable broth canned

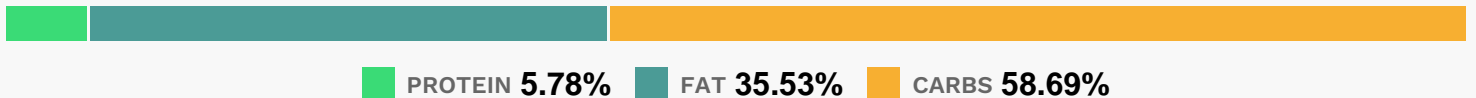
Equipment

- food processor
- bowl
- sauce pan
- ladle
- blender

Directions

- Melt butter in large saucepan on medium heat.
- Add onions; cook 4 min. or until crisp-tender, stirring occasionally. Stir in nutmeg; cook 1 min.
- Add squash, apples and broth; stir. Bring to boil; cover. Simmer on medium-low heat 50 min. or until squash and apples are tender, stirring occasionally.
- Cool soup slightly.
- Add, in batches, to food processor or blender; cover. Process until smooth; return to saucepan. Cook on medium-low heat until heated through, stirring occasionally.
- Ladle soup into 8 serving bowls.
- Add 1 Tbsp. cream cheese spread to each bowl; stir gently to swirl.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:2.81, Inflammation Score:-10, Nutrition Score:11.099999969258%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 144.38kcal (7.22%), Fat: 6.1g (9.39%), Saturated Fat: 2.61g (16.31%), Carbohydrates: 22.67g (7.56%), Net Carbohydrates: 19.24g (7%), Sugar: 9.34g (10.38%), Cholesterol: 8.8mg (2.93%), Sodium: 699.39mg (30.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.47%), Vitamin A: 11763.38IU (235.27%), Vitamin C: 25.17mg (30.51%), Fiber: 3.43g (13.73%), Potassium: 439.95mg (12.57%), Manganese: 0.25mg (12.34%), Vitamin E: 1.71mg (11.37%), Magnesium: 39.52mg (9.88%), Vitamin B6: 0.2mg (9.86%), Folate: 32.39µg (8.1%), Vitamin B1: 0.12mg (7.97%), Calcium: 74.43mg (7.44%), Vitamin B3: 1.32mg (6.59%), Vitamin B5: 0.47mg (4.68%), Copper: 0.09mg (4.68%), Iron: 0.82mg (4.55%), Phosphorus: 44.52mg (4.45%), Vitamin B2: 0.04mg (2.23%), Vitamin K: 2.21µg (2.11%), Zinc: 0.2mg (1.33%)