



Spiced Butternut Squash Soup



Gluten Free



Popular

READY IN



65 min.

SERVINGS



8

CALORIES



946 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 pounds butternut squash halved seeded
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 99 fluid ounce chicken broth canned
- ☐ 2 cloves garlic sliced
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.1 teaspoon ground ginger
- ☐ 0.1 teaspoon ground nutmeg

- ☐ 1 cup half-and-half cream
- ☐ 1 leek sliced
- ☐ 1 medium onion sliced
- ☐ 2 large russet potatoes peeled quartered
- ☐ 8 servings salt and pepper to taste
- ☐ 0.5 cup sherry wine
- ☐ 0.5 cup cup heavy whipping cream sour

Equipment

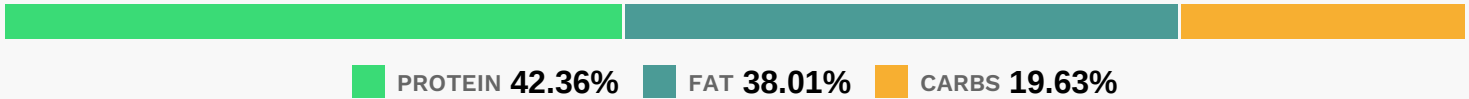
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ immersion blender

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Pour a thin layer of water in a baking dish, or a cookie sheet with sides.
- ☐ Place the squash halves cut side down on the dish.
- ☐ Bake for about 40 minutes, or until a fork can easily pierce the flesh. Cool slightly, then remove the peel. Set aside.
- ☐ Melt the butter in a large pot over medium heat.
- ☐ Add the onion, leek and garlic, and saute for a few minutes, until tender.
- ☐ Pour the chicken broth into the pot.
- ☐ Add the potatoes, and bring to a boil. Cook for about 20 minutes, or until soft.

- ☐
- Add the squash, and mash with the potatoes until chunks are small. Use an immersible hand blender to puree the soup, or transfer to a blender or food processor in batches, and puree until smooth. Return to the pot.
- ☐
- Season the soup with cayenne pepper, allspice, nutmeg, ginger, salt and pepper, then stir in the sherry and half-and-half cream.
- ☐
- Heat through, but do not boil. Ladle into bowls, and top with a dollop of sour cream.

Nutrition Facts



Properties

Glycemic Index:44.47, Glycemic Load:13.98, Inflammation Score:-10, Nutrition Score:40.285651725271%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 945.73kcal (47.29%), Fat: 39.06g (60.1%), Saturated Fat: 13.69g (85.58%), Carbohydrates: 45.4g (15.13%), Net Carbohydrates: 40.32g (14.66%), Sugar: 7.24g (8.04%), Cholesterol: 209.56mg (69.85%), Sodium: 2018.1mg (87.74%), Alcohol: 1.54g (100%), Alcohol %: 0.27% (100%), Protein: 97.97g (195.94%), Vitamin A: 19213.06IU (384.26%), Selenium: 70.41µg (100.58%), Phosphorus: 719.22mg (71.92%), Vitamin B6: 1.36mg (67.84%), Zinc: 9.91mg (66.04%), Vitamin B12: 3.75µg (62.55%), Vitamin B3: 11.91mg (59.57%), Vitamin C: 44mg (53.34%), Potassium: 1657.31mg (47.35%), Magnesium: 159.51mg (39.88%), Iron: 7.1mg (39.42%), Vitamin B2: 0.52mg (30.88%), Manganese: 0.61mg (30.25%), Vitamin E: 3.96mg (26.37%), Copper: 0.43mg (21.41%), Calcium: 205.5mg (20.55%), Fiber: 5.08g (20.31%), Folate: 78.01µg (19.5%), Vitamin B1: 0.27mg (18.22%), Vitamin K: 18.18µg (17.32%), Vitamin B5: 1.14mg (11.41%), Vitamin D: 0.37µg (2.44%)