



Squash and Apple Bisque



Vegetarian



Gluten Free

READY IN



510 min.

SERVINGS



8

CALORIES



141 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds butternut squash cubed peeled
- ☐ 0.5 cup onion chopped
- ☐ 1.8 cups chicken broth (from 32-ounce carton)
- ☐ 2 cups apple sauce
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon salt
- ☐ 1 cup cream sour

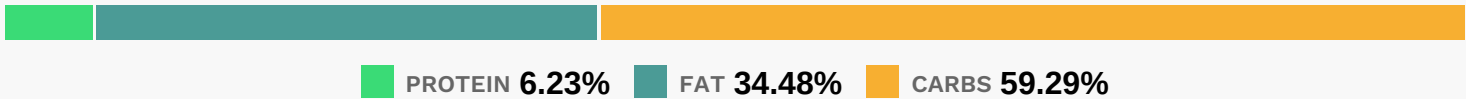
Equipment

- ☐ food processor
- ☐ blender
- ☐ slow cooker

Directions

- ☐ Mix all ingredients except sour cream in 3 1/2- to 6-quart slow cooker.
- ☐ Cover and cook on low heat setting 8 to 10 hours (or high heat setting 3 to 5 hours) or until squash is tender.
- ☐ Place one-third to one-half of the mixture at a time in blender or food processor. Cover and blend on high speed until smooth. Return mixture to cooker.
- ☐ Stir in sour cream. Cover and cook on low heat setting 15 minutes or just until soup is hot; stir.
- ☐ Garnish each serving with a dollop of sour cream.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.21, Inflammation Score:-10, Nutrition Score:12.363913090333%

Flavonoids

Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 141.08kcal (7.05%), Fat: 5.88g (9.04%), Saturated Fat: 2.95g (18.42%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 19.6g (7.13%), Sugar: 9.85g (10.95%), Cholesterol: 17.99mg (6%), Sodium: 278.49mg (12.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin A: 12252.29IU (245.05%), Vitamin C: 25.42mg (30.82%), Manganese: 0.33mg (16.29%), Potassium: 505.76mg (14.45%), Fiber: 3.13g (12.51%), Vitamin E: 1.86mg (12.42%), Magnesium: 45.04mg (11.26%), Vitamin B6: 0.22mg (10.78%), Vitamin B1: 0.15mg (10.03%), Calcium: 90.45mg (9.05%), Folate: 36.09µg (9.02%), Vitamin B3: 1.58mg (7.87%), Vitamin B2: 0.12mg (7.21%), Phosphorus: 67.49mg (6.75%), Vitamin B5: 0.59mg (5.93%), Copper: 0.12mg (5.78%), Iron: 1.04mg (5.76%), Selenium: 2.14µg (3.06%), Zinc: 0.34mg (2.27%), Vitamin K: 2.02µg (1.93%), Vitamin B12: 0.07µg (1.18%)