



Teri's Butternut Squash Soup

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 1 tablespoon butter
- ☐ 4 pound butternut squash cubed peeled
- ☐ 29 oz chicken broth canned
- ☐ 8 servings garnish: cream sour
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped

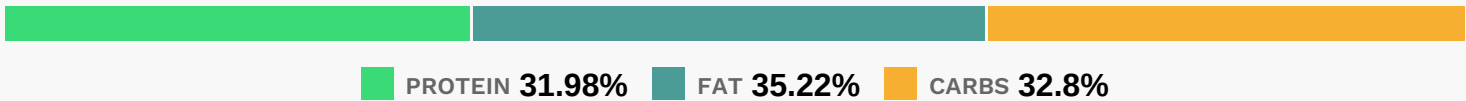
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Combine oil and butter in a large suacepan over medium heat.
- ☐ Add squash, onion and garlic. Cook for about 5 minutes, stirring occasionally, until crisp-tender.
- ☐ Add allspice; cook just a minute more.
- ☐ Add broth. Bring to a boil; cover. Reduce heat to low; simmer for 15 minutes or until squash is tender.
- ☐ Process in a food processor until smooth. Return to saucepan; heat until hot. If a thinner soup is preferred, add a little more broth or water. Ladle soup into soup bowls.
- ☐ Garnish, if desired.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:0.33, Inflammation Score:-10, Nutrition Score:23.019565123579%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 350.34kcal (17.52%), Fat: 14.07g (21.65%), Saturated Fat: 4.72g (29.51%), Carbohydrates: 29.49g (9.83%), Net Carbohydrates: 24.69g (8.98%), Sugar: 5.99g (6.65%), Cholesterol: 62.23mg (20.74%), Sodium: 520.13mg

(22.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.76g (57.52%), Vitamin A: 24409.81IU (488.2%), Vitamin C: 48.92mg (59.3%), Selenium: 20.63µg (29.47%), Vitamin B6: 0.57mg (28.55%), Potassium: 993.88mg (28.4%), Vitamin E: 3.94mg (26.24%), Vitamin B3: 5.22mg (26.11%), Magnesium: 99.51mg (24.88%), Phosphorus: 246.32mg (24.63%), Manganese: 0.49mg (24.36%), Zinc: 2.98mg (19.86%), Fiber: 4.8g (19.22%), Vitamin B12: 1.06µg (17.6%), Folate: 66.73µg (16.68%), Iron: 2.99mg (16.59%), Vitamin B1: 0.24mg (15.77%), Calcium: 140.47mg (14.05%), Copper: 0.22mg (11.2%), Vitamin B2: 0.17mg (10.18%), Vitamin B5: 0.97mg (9.69%), Vitamin K: 6.28µg (5.98%)