



Tex-Mex Butternut Bisque

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



162 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 pounds butternut squash peeled cut into 1-inch cubes
- 4.5 oz chiles green chopped canned
- 1 tablespoon canola oil
- 1 teaspoon chili powder
- 3 6-inch fajita-size corn tortillas ()
- 2 garlic cloves finely chopped
- 1 teaspoon ground cumin
- 0.5 cup half-and-half

- 6 servings garnish: root vegetable chips thinly sliced
- 1 teaspoon salt
- 1 medium size onion sweet chopped
- 32 oz vegetable broth low-sodium

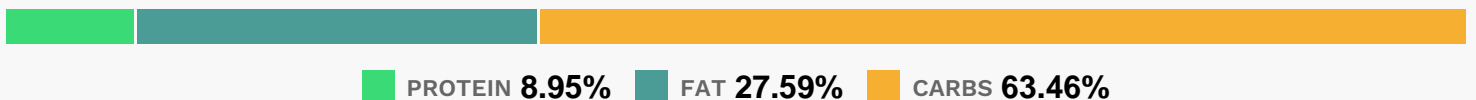
Equipment

- food processor
- blender
- dutch oven
- immersion blender

Directions

- Saut onion and garlic in hot oil in a Dutch oven over medium-high heat 2 to 3 minutes or until tender.
- Add squash and next 3 ingredients, and cook 1 minute; stir in broth and chiles. Cover and bring to a boil. Reduce heat to low, and simmer 20 to 25 minutes or until squash is fork-tender.
- Remove from heat, and stir in tortilla pieces.
- Let cool 15 minutes. Process mixture, in batches, in a blender or food processor until smooth, stopping to scrape down sides as needed. Return squash mixture to Dutch oven.
- Stir in half-and-half, and cook over medium heat 2 to 3 minutes or until thoroughly heated.
- Garnish, if desired.
- Note: Soup may also be processed with a hand-held blender directly in Dutch oven. We tested with Terra Stix for thinly sliced root vegetable chips.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:2.68, Inflammation Score:-10, Nutrition Score:14.720000075257%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg,
Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg
Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.64mg, Myricetin:
0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg,
Quercetin: 8.04mg

Nutrients (% of daily need)

Calories: 162.41kcal (8.12%), Fat: 5.37g (8.26%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 27.78g (9.26%), Net
Carbohydrates: 22.98g (8.36%), Sugar: 6.94g (7.71%), Cholesterol: 7.06mg (2.35%), Sodium: 505.39mg (21.97%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.83%), Vitamin A: 12256.37IU (245.13%), Vitamin C:
34.42mg (41.73%), Fiber: 4.8g (19.2%), Manganese: 0.35mg (17.68%), Vitamin B6: 0.33mg (16.61%), Potassium:
559.94mg (16%), Vitamin E: 2.29mg (15.29%), Magnesium: 58.01mg (14.5%), Folate: 56.87µg (14.22%), Phosphorus:
119.54mg (11.95%), Calcium: 111.84mg (11.18%), Vitamin B1: 0.16mg (10.82%), Iron: 1.7mg (9.42%), Vitamin B3: 1.85mg
(9.26%), Copper: 0.15mg (7.25%), Vitamin B5: 0.61mg (6.13%), Vitamin B2: 0.09mg (5.5%), Vitamin K: 3.95µg
(3.76%), Zinc: 0.56mg (3.72%), Selenium: 2.59µg (3.7%)