






 **23%**
HEALTH SCORE

This Pureed Butternut Squash Soup Is Silky, Smooth, and Easy to Make

 Vegetarian  Gluten Free

READY IN

45 min.

SERVINGS

4

CALORIES

210 kcal

SOUP **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 2 tablespoons butter
- 1 small onion chopped
- 1 piece ginger fresh peeled chopped (2 inches)
- 2 garlic clove chopped
- 2.8 pounds butternut squash prepared cut into ¾-inch cubes
- 0.3 cup orange juice fresh
- 1 serving coarse mustard

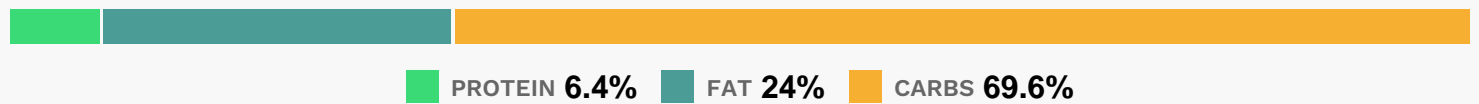
1 serving pumpkin seeds

Equipment

Directions

- Pureed Broccoli Soup
- Pureed Beet Soup
- Pureed Mushroom Soup
- Pureed Spinach-Potato Soup
- Roasted Pumpkin Soup
- Roasted Acorn Squash Soup with Horseradish and Apples
- Golden Pepper Soup

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:1.37, Inflammation Score:-10, Nutrition Score:22.615652051309%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 210.29kcal (10.51%), Fat: 6.22g (9.57%), Saturated Fat: 3.7g (23.15%), Carbohydrates: 40.61g (13.54%), Net Carbohydrates: 33.91g (12.33%), Sugar: 8.97g (9.97%), Cholesterol: 15.05mg (5.02%), Sodium: 72.59mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.47%), Vitamin A: 33356.44IU (667.13%), Vitamin C: 75.1mg (91.03%), Manganese: 0.7mg (35.02%), Potassium: 1173.1mg (33.52%), Vitamin E: 4.68mg (31.19%), Magnesium: 112.83mg (28.21%), Fiber: 6.7g (26.8%), Vitamin B6: 0.53mg (26.51%), Folate: 92.85µg (23.21%), Vitamin B1: 0.34mg (22.71%), Vitamin B3: 3.87mg (19.35%), Calcium: 160.99mg (16.1%), Vitamin B5: 1.32mg (13.24%), Iron: 2.33mg (12.94%), Copper: 0.25mg (12.54%), Phosphorus: 119.62mg (11.96%), Vitamin B2: 0.08mg (4.56%), Vitamin K:

4.07µg (3.88%), Zinc: 0.56mg (3.75%), Selenium: 2.41µg (3.44%)