



## Winter Squash Soup

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1.5 pounds butternut squash peeled cut in chunks
- 15 ounce pumpkin puree canned (not pumpkin pie filling)
- 3 cups chicken stock see homemade canned
- 1 cup half - and - half
- 2 teaspoons kosher salt
- 1 tablespoon olive oil good
- 2 tablespoons butter unsalted

2 cups onions yellow chopped (2 onions)

## Equipment

pot

## Directions

Watch how to make this recipe.

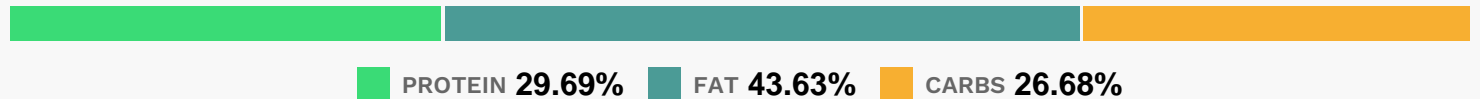
Heat the butter and oil in a heavy – bottomed stockpot, add the onions, and cook over medium – low heat for 10 minutes, or until translucent.

Add the pumpkin puree, butternut squash, chicken stock, salt, and pepper. Cover and simmer over medium – low heat for about 20 minutes, until the butternut squash is very tender. Process the mixture through the medium blade of a food mill. Return to the pot, add the half – and – half, and heat slowly. If the soup needs more flavor, add another teaspoon of salt.

Serve hot with garnishes, if desired.

Cook's Note: To serve with croutons, remove the crusts from 2 slices of white bread, cut them in 1/2-inch cubes, and saute them in 1 tablespoon of butter until browned. Season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:1.68, Inflammation Score:-10, Nutrition Score:30.49826093342%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

## Nutrients (% of daily need)

Calories: 590.14kcal (29.51%), Fat: 29.14g (44.84%), Saturated Fat: 12.02g (75.12%), Carbohydrates: 40.11g (13.37%), Net Carbohydrates: 32.2g (11.71%), Sugar: 13.15g (14.61%), Cholesterol: 113.1mg (37.7%), Sodium: 1956.93mg (85.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.63g (89.26%), Vitamin A: 35290.67IU (705.81%),

Vitamin C: 46.65mg (56.55%), Selenium: 31.99µg (45.7%), Phosphorus: 411.33mg (41.13%), Vitamin B6: 0.74mg (37.04%), Potassium: 1254.92mg (35.85%), Vitamin E: 4.9mg (32.7%), Manganese: 0.64mg (32.05%), Fiber: 7.91g (31.63%), Magnesium: 126.14mg (31.54%), Vitamin B3: 6.29mg (31.43%), Zinc: 4.66mg (31.09%), Vitamin B12: 1.66µg (27.74%), Iron: 4.92mg (27.34%), Vitamin K: 26.53µg (25.27%), Vitamin B2: 0.39mg (22.76%), Calcium: 217.49mg (21.75%), Folate: 79.03µg (19.76%), Copper: 0.36mg (17.75%), Vitamin B1: 0.25mg (16.75%), Vitamin B5: 1.39mg (13.9%), Vitamin D: 0.26µg (1.73%)