



Yummy Butternut Squash Soup



Vegetarian



Gluten Free

READY IN



105 min.

SERVINGS



8

CALORIES



224 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 bay leaves to taste
- ☐ 6 cups butternut squash cubes
- ☐ 4 carrots diced thin
- ☐ 4 stalks celery diced
- ☐ 64 fluid ounce chicken stock see
- ☐ 1 teaspoon basil dried
- ☐ 1 tablespoon parsley dried
- ☐ 1 teaspoon garlic minced

- ☐ 8 servings salt and ground pepper black to taste
- ☐ 0.5 cup heavy whipping cream
- ☐ 0.5 cup milk to taste
- ☐ 0.5 onion diced
- ☐ 0.5 cup white wine

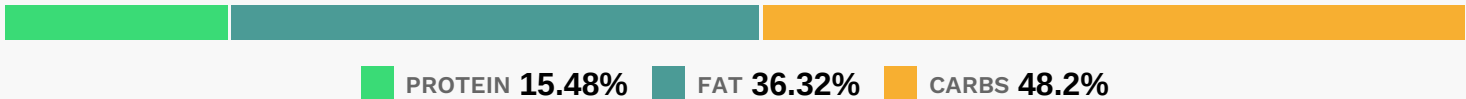
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Stir chicken stock, butternut squash, carrots, celery, onion, wine, parsley, basil, and garlic together in a large pot; bring to a boil. Cook at a boil until squash is tender, about 1 hour.
- ☐ Pour squash mixture into a blender no more than half full. Cover and hold lid in place. Pulse blender a few times before leaving on to blend. Puree in batches until smooth.
- ☐ Return blended soup to pot; add bay leaves. Bring soup to a boil, reduce heat to medium-low, and cook until beginning to thicken, 30 to 60 minutes. Season soup with salt and pepper. Stir milk and cream through the soup.

Nutrition Facts



Properties

Glycemic Index:27.6, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:17.408260801564%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 11.83mg, Apigenin: 11.83mg, Apigenin: 11.83mg, Apigenin: 11.83mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 224.44kcal (11.22%), Fat: 8.94g (13.76%), Saturated Fat: 4.52g (28.23%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 23.16g (8.42%), Sugar: 9.39g (10.43%), Cholesterol: 25.74mg (8.58%), Sodium: 391.68mg (17.03%), Alcohol: 1.54g (100%), Alcohol %: 0.44% (100%), Protein: 8.57g (17.15%), Vitamin A: 16605.91IU (332.12%), Vitamin C: 25.99mg (31.5%), Vitamin B3: 5.45mg (27.23%), Potassium: 838.31mg (23.95%), Vitamin B6: 0.4mg (20.13%), Vitamin B2: 0.31mg (18.38%), Manganese: 0.36mg (18.12%), Vitamin K: 17.84µg (16.99%), Vitamin B1: 0.23mg (15.27%), Magnesium: 58.28mg (14.57%), Phosphorus: 144.93mg (14.49%), Fiber: 3.55g (14.19%), Folate: 56.16µg (14.04%), Vitamin E: 2.02mg (13.47%), Copper: 0.24mg (11.82%), Calcium: 114.15mg (11.42%), Selenium: 6.72µg (9.6%), Iron: 1.63mg (9.07%), Vitamin B5: 0.67mg (6.7%), Zinc: 0.75mg (4.97%), Vitamin D: 0.41µg (2.71%), Vitamin B12: 0.11µg (1.77%)