

METABOLIC NUTRITION PROGRAM

Butternut Squash Soup- 6 servings

Adapted from *Atkins.com*

Per Serving: 180 Calories, 3 gm Protein, 12 gm Fat,
17 gm Carbohydrates

- 1 ¼ pound butternut squash, in 1 ½-inch cubes
- 2 tablespoon extra-virgin olive oil, divided
- ¾ teaspoon salt
- ½ teaspoon black pepper
- 2 medium summer squash, in 1-inch cubes
- ¼ cup sliced onion
- 1 ½ teaspoon pumpkin pie spice
- 1 tablespoon tomato paste
- 36 ounce chicken broth
- ½ cup heavy cream

Directions

1. Preheat oven to 450 F. Toss butternut squash with 1 tablespoon oil and half the salt and pepper. Arrange in a single layer on a baking sheet and roast, turning once, until slightly softened, about 15 minutes.
2. Toss yellow squash and onions with remaining oil, salt and pepper. Add to baking sheet with butternut squash and continue roasting until all vegetables are tender, about 20 more minutes.
3. In a large saucepot over medium heat, simmer pumpkin pie spice with tomato paste, stirring constantly, until fragrant, about 1 minute. Add roasted vegetables and broth. Bring to a boil, reduce heat to low and simmer 20 minutes. Remove from heat and stir in cream.
4. Puree soup with an immersion blender (or in a regular blender in batches). Season to taste with additional salt and pepper.

Nutrition Facts

Serving Size (365g)
Servings Per Container

Amount Per Serving

Calories 180 **Calories from Fat 110**

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 700mg	29%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	16%
Sugars 5g	

Protein 3g

Vitamin A 210% • Vitamin C 60%

Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4