

# Creamed Butternut and Apple Soup

*The Dan'l Webster Inn - Sandwich Village, MA  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 10

*5 pounds butternut squash, peeled  
and diced large  
1 1/2 pounds apples (Cortland  
preferred), cored and quartered  
1 inch cinnamon stick  
2 quarts chicken stock  
1 1/2 cups unsalted butter  
1/2 cup pure maple syrup  
1/2 teaspoon ground ginger  
1/2 teaspoon salt  
1/2 teaspoon ground nutmeg  
1 pint light cream, heated to hot, but  
not boiling*

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In a pot, steam the squash, apples, cinnamon  
and chicken stock until the squash is soft.

Run all through a food mill and return to the pot.

Add the butter, maple syrup, ginger, salt and  
nutmeg. Simmer for 15 minutes.

Add the hot cream. Strain. Serve immediately.

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Per Serving (excluding unknown  
items): 446 Calories; 37g Fat  
(73.5% calories from fat); 4g  
Protein; 26g Carbohydrate; 4g  
Dietary Fiber; 106mg Cholesterol;  
1855mg Sodium. Exchanges: 1 1/2  
Grain(Starch); 7 1/2 Fat; 0 Other  
Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	446	Vitamin B6 (mg):	.3mg
% Calories from Fat:	73.5%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	22.8%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	3.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	37g	Folacin (mcg):	55mcg
Saturated Fat (g):	23g	Niacin (mg):	2mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	106mg	% Refuse:	0.00%

Carbohydrate (g):	26g
Dietary Fiber (g):	4g
Protein (g):	4g
Sodium (mg):	1855mg
Potassium (mg):	815mg
Calcium (mg):	165mg
Iron (mg):	3mg
Zinc (mg):	trace
Vitamin C (mg):	41mg
Vitamin A (i.u.):	16263IU
Vitamin A (r.e.):	1831 1/2RE

## Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	7 1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 10

### Amount Per Serving

<b>Calories</b>	446	Calories from Fat: 328
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### % Daily Values\*

<b>Total Fat</b>	37g	57%
Saturated Fat	23g	115%
<b>Cholesterol</b>	106mg	35%
<b>Sodium</b>	1855mg	77%
<b>Total Carbohydrates</b>	26g	9%
Dietary Fiber	4g	16%
<b>Protein</b>	4g	

<b>Vitamin A</b>	325%
<b>Vitamin C</b>	68%
<b>Calcium</b>	17%
<b>Iron</b>	17%

\* Percent Daily Values are based on a 2000 calorie diet.