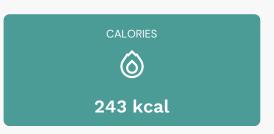


Acorn Squash Bisque

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

2 to 3 sized squashes (3 pounds total)
1 tablespoon butter
1 medium onion finely chopped
1 serving coarse mustard

14.5 ounces chicken broth reduced-sodium canned

0.5 teaspoon thyme sprigs fresh plus more for garnish

0.5 cup frangelico

Equipment

bowl
frying pan
baking sheet
paper towels
sauce pan
oven
knife
blender
aluminum foil
microwave
rections
Place squashes on a paper towel and microwave on high just until tender when pierced with the tip of a paring knife, 8 to 10 minutes.
Remove from the microwave, and halve each squash lengthwise (to speed cooling). When cool enough to handle, scoop out and discard the seeds. Scrape out flesh into a bowl; discard skin. (To prepare in oven, preheat oven to 450 degrees. Halve squash lengthwise; scoop out and discard seeds.
Place squash, cut side down, on a rimmed baking sheet; cover tightly with aluminum foil. Roast until almost tender when pierced wtih a knife, 15 to 25 minutes. When cool enough to handle, scrape out flesh, discard skin, and proceed with step 2).
In a large saucepan, heat butter over medium.
Add onion; season with salt and pepper. Cook, stirring occasionally, until tender, 3 to 5 minutes.
Add squash, thyme, broth, and 2 cups water. Bring to a boil over high heat; reduce to medium, and cook until squash is very tender, 10 to 12 minutes.
Working in batches, puree mixture in a blender until very smooth, about 1 minute. Return to pan; add half-and-half, and season generously with salt and pepper. Thin bisque, if needed,
by adding more water.

Nutrition Facts

PROTEIN 45.85% 📕 FAT 42.68% 📒 CARBS 11.47%

Properties

Glycemic Index:46.5, Glycemic Load:1.29, Inflammation Score:-7, Nutrition Score:11.078260792338%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 0.18mg, Isorhamnetin

Nutrients (% of daily need)

Calories: 242.91kcal (12.15%), Fat: 11.41g (17.56%), Saturated Fat: 4.17g (26.06%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 5.27g (1.92%), Sugar: 3.34g (3.71%), Cholesterol: 58.91mg (19.64%), Sodium: 534.67mg (23.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.59g (55.17%), Selenium: 19.7µg (28.15%), Vitamin C: 19.1mg (23.15%), Vitamin B6: 0.44mg (22.19%), Phosphorus: 204.9mg (20.49%), Zinc: 2.92mg (19.44%), Vitamin B12: 1.03µg (17.23%), Vitamin B3: 2.99mg (14.94%), Vitamin B2: 0.25mg (14.86%), Potassium: 458.38mg (13.1%), Manganese: 0.22mg (10.82%), Iron: 1.8mg (10.01%), Magnesium: 40.01mg (10%), Vitamin A: 478.68IU (9.57%), Folate: 36.01µg (9%), Fiber: 1.63g (6.54%), Copper: 0.11mg (5.72%), Vitamin K: 5.68µg (5.41%), Vitamin B1: 0.06mg (4.16%), Calcium: 38.05mg (3.81%), Vitamin E: 0.54mg (3.58%), Vitamin B5: 0.19mg (1.94%)