



Acorn Squash Soup

READY IN



160 min.

SERVINGS



10

CALORIES



298 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 acorn squash whole cooked
- ☐ 0.3 teaspoon cayenne
- ☐ 1 teaspoon savory
- ☐ 6 garlic cloves peeled
- ☐ 1 cup heavy cream
- ☐ 4 cups chicken stock see low-sodium
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 cup parmesan grated
- ☐ 1 tablespoon pepper plus more for seasoning

- ☐ 1 teaspoon sage dry
- ☐ 1 tablespoon salt
- ☐ 6 shallots diced whole peeled
- ☐ 1 stick butter unsalted
- ☐ 0.3 teaspoon pepper white
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ dutch oven

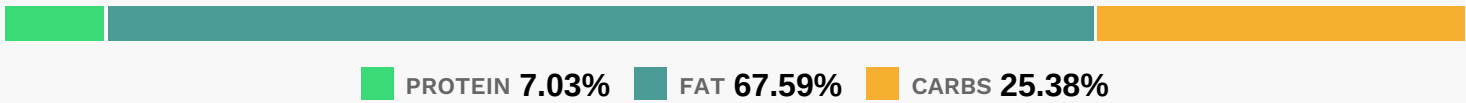
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Cut the squash in half on the equator and remove the seeds with a spoon.
- ☐ Cut a flat spot on each end so the squash will sit flat. Line a baking sheet with aluminum foil and arrange the squash, cut side up. To 3 of the squash halves, add a peeled shallot and to the other 3 add 2 garlic cloves on each.
- ☐ Drizzle with 2 tablespoons of olive oil and season with 1 tablespoon each of the salt and freshly cracked pepper. Roast in the hot oven until very tender and starting to caramelize and collapse, approximately 1 hour.
- ☐ Remove from oven and when cool enough to handle, remove the squash from the skin. Reserve the roasted shallots and garlic with the squash. Can be done ahead.
- ☐ In a large Dutch oven, heat 1 tablespoon of the olive oil and 2 tablespoons of the butter over medium-high heat and when the butter is starting to foam, add the raw diced shallots and

saute until they are starting to caramelize, about 5 to 6 minutes. Deglaze with 1/2 cup of the chicken stock and stir to remove any fond. Reduce the heat to medium-low and add in the reserved squash, roasted shallots and garlic and then the remaining chicken stock. Stir to combine, then puree with a stick blender. The mixture will be very thick.

- ☐
- Add in the cayenne, white pepper and the herbs. Stir in the cream and Worcestershire sauce and heat slowly over medium-low heat. When the mixture comes to a slow simmer, mix again with the stick blender and stir in 1/4 cup of the Parmesan and turn heat to low.
- ☐
- Serve with a fresh crack of black pepper, a nice drizzle of extra-virgin olive oil and a light sprinkle of remaining Parmesan. Ladle into soup bowls and serve.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:0.83, Inflammation Score:-7, Nutrition Score:12.367391347885%

Flavonoids

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 298.29kcal (14.91%), Fat: 23.62g (36.34%), Saturated Fat: 12.64g (78.98%), Carbohydrates: 19.96g (6.65%), Net Carbohydrates: 16.83g (6.12%), Sugar: 2.29g (2.54%), Cholesterol: 53.46mg (17.82%), Sodium: 815.6mg (35.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.06%), Copper: 0.78mg (38.83%), Vitamin A: 1181.39IU (23.63%), Vitamin C: 16.44mg (19.92%), Manganese: 0.39mg (19.52%), Potassium: 649.98mg (18.57%), Vitamin B6: 0.31mg (15.56%), Calcium: 140.78mg (14.08%), Vitamin B1: 0.2mg (13.66%), Magnesium: 54.01mg (13.5%), Phosphorus: 129.8mg (12.98%), Vitamin K: 13.54µg (12.89%), Fiber: 3.13g (12.53%), Vitamin B3: 2.36mg (11.78%), Iron: 2.07mg (11.49%), Vitamin E: 1.39mg (9.25%), Folate: 32.36µg (8.09%), Vitamin B2: 0.12mg (6.86%), Vitamin B5: 0.67mg (6.73%), Selenium: 2.74µg (3.92%), Vitamin D: 0.57µg (3.78%), Zinc: 0.55mg (3.69%), Vitamin B12: 0.19µg (3.19%)