



HEALTH SCORE

51%

Acorn Squash-Thyme Soup



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



330 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 9 large acorn squash divided
- ☐ 0.3 cup butter divided
- ☐ 5 cups chicken broth
- ☐ 2 tablespoons thyme leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 1.5 cups half-and-half
- ☐ 2 medium leeks
- ☐ 0.5 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 1 sprigs garnish: 8 thyme fresh

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ ziploc bags
- ☐ dutch oven

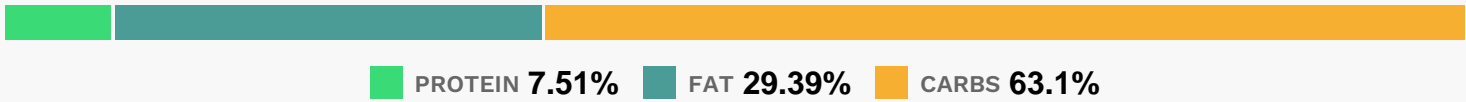
Directions

- ☐ Cut a 1-inch slice from bottom of 8 squash, allowing squash to sit flat.
- ☐ Remove stems from tops. Scoop out and discard seeds.
- ☐ Sprinkle squash with salt and pepper, and place, cut side up, in a lightly greased 15- x 10-inch jellyroll pan.
- ☐ Bake at 350 for 30 minutes or until tender. Cool slightly. Scoop out squash pulp, leaving 1/4-inch-thick shells. Reserve pulp; place shells in plastic bags. Seal and chill 8 hours.
- ☐ Peel remaining acorn squash; remove seeds, and chop pulp.
- ☐ Remove and discard green tops from leeks, and discard.
- ☐ Cut white portions in half lengthwise, and cut into 1/2-inch slices.
- ☐ Melt 2 tablespoons butter in a large Dutch oven over medium or medium-high heat; add chopped squash, leeks, garlic, and 2 tablespoons thyme. Saut 10 minutes.
- ☐ Add broth, and cook 30 minutes or until squash is tender. Stir in reserved baked squash pulp. Cool slightly.
- ☐ Process mixture, in batches, in a food processor or blender until smooth. Return to Dutch oven; cover and chill 8 hours.
- ☐ Stir half-and-half into soup; cook until heated. (Do not boil.)
- ☐ Melt remaining 2 tablespoons butter in a large skillet.
- ☐ Add squash shells, cut sides down, and cook 2 minutes or until edges are browned.

☐

Serve soup in shells, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.06, Inflammation Score:-10, Nutrition Score:25.943043739899%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 330.11kcal (16.51%), Fat: 11.83g (18.2%), Saturated Fat: 4.52g (28.22%), Carbohydrates: 57.13g (19.04%), Net Carbohydrates: 49.15g (17.87%), Sugar: 3.38g (3.76%), Cholesterol: 18.82mg (6.27%), Sodium: 804.14mg (34.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.6%), Vitamin C: 59.66mg (72.32%), Vitamin A: 2657.54IU (53.15%), Manganese: 1.05mg (52.29%), Potassium: 1828mg (52.23%), Vitamin B1: 0.74mg (49.33%), Magnesium: 171.01mg (42.75%), Vitamin B6: 0.84mg (41.9%), Fiber: 7.98g (31.93%), Folate: 98.99µg (24.75%), Iron: 4.34mg (24.11%), Calcium: 239.29mg (23.93%), Phosphorus: 236.29mg (23.63%), Vitamin B5: 2.13mg (21.35%), Vitamin B3: 3.9mg (19.48%), Copper: 0.38mg (19.12%), Vitamin B2: 0.24mg (14.26%), Vitamin K: 11.26µg (10.73%), Selenium: 4.8µg (6.86%), Zinc: 0.98mg (6.54%), Vitamin E: 0.6mg (3.99%), Vitamin B12: 0.12µg (2.04%)