



Beet Soup in Roasted Acorn Squash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



82 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound acorn squash
- ☐ 5 medium the salad peeled cut into 1-inch pieces (2 pounds without greens)
- ☐ 1 apples red peeled cut into 1-inch pieces
- ☐ 8 servings ground pepper
- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 garlic clove minced
- ☐ 1 tablespoon kosher salt
- ☐ 1 tablespoon brown sugar light packed

- ☐ 1 large onion red chopped
- ☐ 4 cups vegetable stock
- ☐ 1.5 tablespoons vegetable oil
- ☐ 4 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

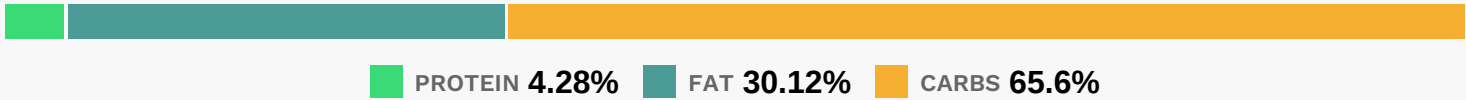
Directions

- ☐ Preheat oven to 375°F.
- ☐ Cut off "tops" of squash (about 1 inch from stem end) and reserve. Scoop out seeds and discard.
- ☐ Cut a very thin slice off bottoms of squash to create a stable base.
- ☐ Brush "bowls" and tops all over with oil and sprinkle salt inside. Arrange squash bowls, with tops alongside, stem ends up, in 2 large shallow baking pans.
- ☐ Roast squash in upper and lower thirds of oven, switching position of pans halfway through baking, until flesh of squash is just tender, about 1 1/4 hours total.
- ☐ Cook onion in oil in a 5-quart heavy saucepan over moderate heat, stirring occasionally, until softened.
- ☐ Add beets and apple and cook, stirring occasionally, 5 minutes.
- ☐ Add garlic and cook, stirring, 30 seconds.
- ☐ Add broth and 4 cups water, then simmer, uncovered, until beets are tender, about 40 minutes. Stir in vinegar and brown sugar.
- ☐ Purée soup in 3 batches in a blender until very smooth, at least 1 minute per batch (use caution when blending hot liquids), transferring to a large bowl. Return soup to pan, then

season with salt and pepper and reheat. If soup is too thick, add enough water to thin to desired consistency.

- ☐
- Serve soup in squash bowls.
- ☐
- Squash flesh shrinks during baking; if a small hole forms, serve soup in squash but set in a soup bowl.
 - Soup can be made 3 days ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:2.06, Inflammation Score:-7, Nutrition Score:5.512608639572%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 82.49kcal (4.12%), Fat: 3.01g (4.63%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 14.74g (4.91%), Net Carbohydrates: 12.55g (4.56%), Sugar: 5.63g (6.26%), Cholesterol: 0mg (0%), Sodium: 1351.95mg (58.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin A: 1310.29IU (26.21%), Vitamin C: 10.21mg (12.37%), Manganese: 0.19mg (9.32%), Fiber: 2.19g (8.76%), Vitamin B6: 0.17mg (8.63%), Potassium: 290.44mg (8.3%), Vitamin K: 6.86µg (6.54%), Vitamin B1: 0.1mg (6.52%), Magnesium: 25.48mg (6.37%), Vitamin E: 0.85mg (5.66%), Copper: 0.08mg (3.95%), Folate: 15.32µg (3.83%), Iron: 0.65mg (3.62%), Phosphorus: 34.51mg (3.45%), Calcium: 33.23mg (3.32%), Vitamin B3: 0.62mg (3.09%), Vitamin B5: 0.26mg (2.65%), Vitamin B2: 0.03mg (2.05%), Zinc: 0.18mg (1.21%)