

**11%**
HEALTH SCORE

Butternut Squash and Sage Soup with Sage Breadcrumbs

 Vegetarian

READY IN

**45 min.**

SERVINGS

**6**

CALORIES

**134 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 teaspoons butter
- 4 cups butternut squash peeled seeded
- 5 cups chicken broth
- 1.5 teaspoons sea salt
- 1 tablespoon sage fresh finely chopped
- 1 garlic clove minced
- 2 slices flour fresh whole crustless

- 1.5 tablespoons olive oil
- 2 cups onion chopped
- 2 tablespoons parsley fresh italian chopped

Equipment

- bowl
- frying pan
- ladle
- pot
- blender

Directions

- Melt butter with oil in large pot over medium-high heat.
- Add onions, parsley, and sage; sauté until onions are softened, about 5 minutes.
- Add squash and coarse salt; sauté until squash softens and onions are golden, about 6 minutes.
- Add garlic; stir 1 minute.
- Add 5 cups stock; bring to boil. Reduce heat, cover, and simmer until squash is very soft, about 25 minutes. Cool slightly.
- Working in batches, puree soup in blender, allowing some texture to remain. Return soup to pot. Thin with stock, if desired. Season with pepper and more salt, if desired. DO AHEAD: Can be made 1 day ahead. Chill uncovered until cold, then cover and chill. Rewarm before serving.
- Place bread in processor; blend until fine crumbs form but some slightly coarser crumbs remain. Cook butter in large nonstick skillet over medium heat until golden, about 2 minutes.
- Add breadcrumbs and sage. Cook until crumbs are crisp, stirring frequently, about 10 minutes.
- Remove from heat and cool. DO AHEAD: Can be made 4 hours ahead.
- Let stand uncovered at room temperature.
- Ladle soup into bowls.
- Sprinkle with breadcrumbs.
- Nutrition Data

Nutrition Facts

PROTEIN 8.28% FAT 43.01% CARBS 48.71%

Properties

Glycemic Index:23.17, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:17.683478293212%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 10.84mg, Quercetin: 10.84mg, Quercetin: 10.84mg, Quercetin: 10.84mg

Nutrients (% of daily need)

Calories: 133.74kcal (6.69%), Fat: 6.83g (10.51%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 14.48g (5.27%), Sugar: 5.18g (5.75%), Cholesterol: 11.08mg (3.69%), Sodium: 1336.17mg (58.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Vitamin A: 10122.01IU (202.44%), Copper: 3.15mg (157.7%), Vitamin C: 25.48mg (30.88%), Vitamin K: 25.46µg (24.25%), Manganese: 0.47mg (23.62%), Vitamin E: 2.03mg (13.51%), Potassium: 457.47mg (13.07%), Fiber: 2.94g (11.74%), Vitamin B1: 0.17mg (11.06%), Vitamin B6: 0.22mg (10.83%), Magnesium: 42.06mg (10.51%), Folate: 37.62µg (9.41%), Vitamin B2: 0.15mg (9.02%), Vitamin B3: 1.65mg (8.25%), Calcium: 75.51mg (7.55%), Iron: 1.14mg (6.35%), Phosphorus: 58mg (5.8%), Vitamin B5: 0.47mg (4.71%), Zinc: 0.42mg (2.8%), Selenium: 1.83µg (2.61%)