



Butternut Squash and Spicy Sausage Soup

 Gluten Free

READY IN



78 min.

SERVINGS



8

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 butternut squash unpeeled halved seeded
- ☐ 27.5 ounce chicken broth canned
- ☐ 1 cup regular corn frozen
- ☐ 1 tablespoon ground pepper black to taste
- ☐ 0.5 cup heavy cream
- ☐ 1 tablespoon olive oil
- ☐ 8 servings salt to taste
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- ☐ 1.3 pounds spicy turkey sausage
- ☐ 2 cups water
- ☐ 0.5 cup rice long grain white
- ☐ 1 large onion yellow chopped

Equipment

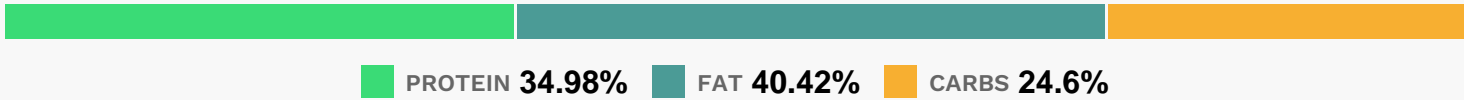
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Pour 1 cup of water into 9x13 baking dish.
- ☐ Place the butternut squash into the prepared baking dish, cut side down.
- ☐ Bake in preheated oven until squash is easily pierced with a fork, about 45 minutes.
- ☐ Meanwhile, place the rice and remaining 1 cup of water into a saucepan. Bring to a boil, uncovered, over medium-high heat. Reduce heat to low, cover, and simmer until water is absorbed and rice is fluffy, about 20 minutes.
- ☐ Remove from the heat and fluff with a fork.
- ☐ Heat the olive oil in a large soup pot over medium-high heat. Stir in the onion, and cook until tender and transparent, about 5 minutes.
- ☐ Mix in the turkey sausage; cook until crumbly and evenly browned.
- ☐ Drain any excess fat. Stir in the cooked rice and corn.
- ☐ Scoop out cooked squash and place in a blender or bowl of a food processor. Discard squash peels.

- ☐
- Pour chicken broth into the blender or bowl of a food processor with the squash. Blend until smooth, about 1 minute.
- ☐
- Stir squash mixture into the sausage mixture until well blended. Season with pepper, and salt to taste. If desired, stir in the heavy cream. Simmer soup over medium heat until heated through, about 15 minutes, but do not boil.

Nutrition Facts



Properties

Glycemic Index:15.02, Glycemic Load:6.04, Inflammation Score:-10, Nutrition Score:23.064782733503%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 470.17kcal (23.51%), Fat: 21.11g (32.48%), Saturated Fat: 7.33g (45.81%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 25.8g (9.38%), Sugar: 3.31g (3.68%), Cholesterol: 118.69mg (39.56%), Sodium: 1290.85mg (56.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.12g (82.23%), Vitamin A: 10415.23IU (208.3%), Vitamin B3: 7.3mg (36.48%), Vitamin B6: 0.72mg (36.04%), Phosphorus: 351.98mg (35.2%), Zinc: 5.1mg (34%), Vitamin B12: 1.92µg (31.99%), Selenium: 20.89µg (29.84%), Vitamin C: 24.28mg (29.43%), Manganese: 0.48mg (24.18%), Potassium: 790.3mg (22.58%), Vitamin B2: 0.34mg (20.01%), Magnesium: 78.15mg (19.54%), Iron: 3.13mg (17.36%), Vitamin E: 2.17mg (14.45%), Vitamin B5: 1.35mg (13.47%), Vitamin B1: 0.19mg (12.67%), Fiber: 3.11g (12.45%), Copper: 0.24mg (12.09%), Folate: 44.27µg (11.07%), Calcium: 95.66mg (9.57%), Vitamin K: 6.12µg (5.83%), Vitamin D: 0.34µg (2.24%)