



Butternut Squash-Leek Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



124 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 cups butternut squash cubed peeled () (1 medium)
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 1 garlic head whole
- ☐ 6 cups leek thinly sliced (4 large)
- ☐ 4 teaspoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 2 cups water

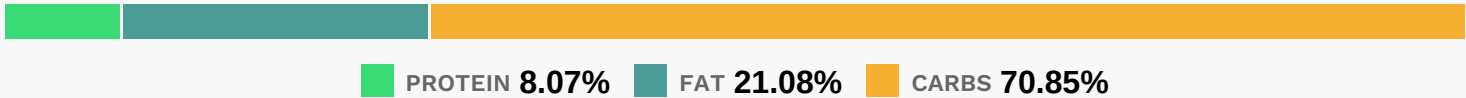
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350
- ☐ Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap head in foil.
- ☐ Bake at 350 for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add leek; saut 5 minutes or until tender. Stir in garlic, squash, 2 cups water, broth, salt, and black pepper; bring to a boil. Reduce heat, and simmer 10 minutes or until squash is tender.
- ☐ Place half of squash mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over the opening in the blender lid (to avoid splatters). Blend until smooth.
- ☐ Pour pureed soup into a bowl. Repeat procedure with remaining squash mixture.
- ☐ Wine note: The creamy texture of the pureed soup matches well with a plump but crisp Chardonnay like J.J. Vincent Bourgogne Blanc (\$15). It's suitably rich, round, and fruity, with gently buttery flavors and good acidity to balance the natural sweetness of the squash. – Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:3.6, Inflammation Score:-10, Nutrition Score:17.07130430574%

Flavonoids

Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 124.05kcal (6.2%), Fat: 3.16g (4.87%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 23.93g (7.98%), Net Carbohydrates: 20.41g (7.42%), Sugar: 5.64g (6.27%), Cholesterol: 0mg (0%), Sodium: 528.91mg (23%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.73g (5.45%), Vitamin A: 11405.92IU (228.12%), Vitamin K: 44.74µg (42.61%), Vitamin C: 30.44mg (36.89%), Manganese: 0.66mg (32.75%), Folate: 82.96µg (20.74%), Vitamin B6: 0.37mg (18.42%), Vitamin E: 2.55mg (16.99%), Iron: 2.67mg (14.83%), Potassium: 515.72mg (14.73%), Magnesium: 58.61mg (14.65%), Fiber: 3.52g (14.09%), Calcium: 104.49mg (10.45%), Copper: 0.2mg (10.24%), Vitamin B1: 0.15mg (10.21%), Vitamin B3: 1.9mg (9.52%), Phosphorus: 71.3mg (7.13%), Vitamin B5: 0.59mg (5.94%), Selenium: 3.1µg (4.43%), Vitamin B2: 0.06mg (3.65%), Vitamin B12: 0.15µg (2.52%), Zinc: 0.28mg (1.85%)