



Butternut Squash Soup With Chicken Sausage

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups butternut squash small to medium cubed peeled (1 squash)
- 3 medium carrots chopped
- 1 stalk celery chopped
- 12 ounces chicken-apple sausage cooked cut into 1/2-inch pieces
- 0.5 cup parsley leaves fresh
- 4 servings kosher salt and pepper freshly ground
- 2.5 cups chicken broth low-sodium
- 0.3 cup olive oil extra-virgin

0.5 medium onion chopped

Equipment

bowl

paper towels

sauce pan

ladle

pot

blender

slotted spoon

Directions

Heat 1 tablespoon olive oil in a large pot over medium-high heat.

Add the sausage and cook, stirring occasionally, until browned, about 4 minutes.

Transfer to a bowl using a slotted spoon.

Add the squash, carrots, celery, onion, chicken broth, 2 1/2 cups water and 3/4 teaspoon salt to the pot. Cover and bring to a simmer, then reduce the heat to low and continue simmering until the vegetables are tender, about 15 more minutes.

Puree the soup in a blender in batches, then return to the pot along with the sausage. Season with salt and pepper and keep warm.

Heat the remaining 1/3 cup olive oil in a small saucepan over medium-high heat. When the oil is very hot, add the sage leaves in batches and fry, turning, until dark green and crisp, about 1 minute.

Remove with a slotted spoon and drain on paper towels. Ladle the soup into bowls and top with the fried sage.

Photograph by Christopher Testani

Nutrition Facts



PROTEIN 15.58% **FAT 60.01%** **CARBS 24.41%**

Properties

Glycemic Index:34.46, Glycemic Load:1.85, Inflammation Score:-10, Nutrition Score:21.818695669589%

Flavonoids

Apigenin: 16.46mg, Apigenin: 16.46mg, Apigenin: 16.46mg, Apigenin: 16.46mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 444.17kcal (22.21%), Fat: 31.22g (48.03%), Saturated Fat: 5.31g (33.2%), Carbohydrates: 28.57g (9.52%), Net Carbohydrates: 23.85g (8.67%), Sugar: 7.24g (8.05%), Cholesterol: 60.04mg (20.01%), Sodium: 1158.36mg (50.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.23g (36.46%), Vitamin A: 23502.19IU (470.04%), Vitamin K: 144.4µg (137.52%), Vitamin C: 44.59mg (54.05%), Vitamin E: 5mg (33.31%), Potassium: 853.89mg (24.4%), Vitamin B3: 4.3mg (21.48%), Manganese: 0.39mg (19.44%), Fiber: 4.72g (18.89%), Vitamin B6: 0.32mg (16.21%), Folate: 64.11µg (16.03%), Iron: 2.77mg (15.37%), Magnesium: 60.79mg (15.2%), Vitamin B1: 0.19mg (12.34%), Phosphorus: 117.2mg (11.72%), Copper: 0.22mg (10.84%), Calcium: 106.01mg (10.6%), Vitamin B5: 0.76mg (7.56%), Vitamin B2: 0.12mg (6.8%), Zinc: 0.58mg (3.9%), Vitamin B12: 0.15µg (2.46%), Selenium: 0.86µg (1.23%)