



## Butternut Squash Soup with Fontina Cheese Crostini

 Gluten Free

READY IN



52 min.

SERVINGS



6

CALORIES



410 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons butter at room temperature
- 3.5 pounds butternut squash peeled seeded cut into 3/4-inch pieces ( 7 to 8 cups)
- 1 medium carrots peeled chopped
- 2 ounces fontina grated
- 0.3 cup sage leaves fresh chopped
- 2 tablespoons sage leaves fresh chopped
- 3 cloves garlic minced

- 6 servings kosher salt
- 6 servings kosher salt and pepper black freshly ground
- 6 cups chicken stock see low-sodium
- 2 tablespoons olive oil extra-virgin
- 6 servings olive oil extra-virgin for drizzling
- 1 medium onion chopped

## Equipment

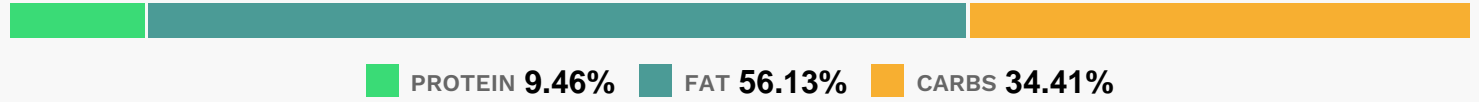
- food processor
- bowl
- baking sheet
- ladle
- oven
- pot
- blender
- immersion blender

## Directions

- Watch how to make this recipe.
- In an 8-quart stockpot, add the butter and oil and melt together over medium-high heat.
- Add the onion and carrot and cook, stirring occasionally, until the onion is soft, about 5 minutes. Stir in the garlic and cook until aromatic, about 30 seconds.
- Add the squash and the chicken stock. Bring the mixture to a boil and add the sage. Continue to boil until the vegetables are tender, about 20 minutes. Turn off the heat. Using an immersion blender, blend the mixture until smooth and thick. Season with salt and pepper, to taste. Keep the soup warm over low heat.
- For the crostini: Put an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Arrange the bread slices on a baking sheet.
- Drizzle with olive oil and sprinkle with sage.
- Sprinkle the cheese on top and season with salt, to taste.

- Bake until the cheese has melted and the bread is light golden, about 6 to 8 minutes.
- To serve, ladle the soup into bowls and garnish with the cheese crostini.
- Cook's Note: The cooked vegetable mixture can also be pureed (after cooling for about 5 minutes) by ladling, in batches, into a food processor or blender and blended until smooth.

## Nutrition Facts



### Properties

Glycemic Index:35.47, Glycemic Load:0.89, Inflammation Score:-10, Nutrition Score:28.384347972663%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

### Nutrients (% of daily need)

Calories: 409.74kcal (20.49%), Fat: 27.25g (41.93%), Saturated Fat: 7.35g (45.95%), Carbohydrates: 37.59g (12.53%), Net Carbohydrates: 31.46g (11.44%), Sugar: 7.55g (8.39%), Cholesterol: 21mg (7%), Sodium: 389.3mg (16.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.33g (20.67%), Vitamin A: 30028.9IU (600.58%), Copper: 8.03mg (401.68%), Vitamin C: 57.99mg (70.29%), Vitamin E: 6.7mg (44.7%), Manganese: 0.87mg (43.26%), Potassium: 1219.21mg (34.83%), Vitamin B3: 6.56mg (32.79%), Magnesium: 101.66mg (25.42%), Vitamin B6: 0.49mg (24.7%), Fiber: 6.13g (24.51%), Calcium: 217.23mg (21.72%), Phosphorus: 204.2mg (20.42%), Vitamin B1: 0.29mg (19.51%), Folate: 77.62µg (19.41%), Iron: 2.87mg (15.92%), Vitamin K: 16.32µg (15.55%), Vitamin B5: 1.16mg (11.65%), Vitamin B2: 0.16mg (9.43%), Zinc: 1.09mg (7.27%), Vitamin B12: 0.4µg (6.71%), Selenium: 3.06µg (4.37%)