



# Butternut Squash Soup With Sage and Sausage

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup beef broth
- 4 servings pepper black freshly ground to taste
- 2 tablespoons brown sugar
- 0.5 pound spicy bulk breakfast sausage
- 1 pound butternut squash peeled chopped
- 2 small carrots chopped
- 2 stalks celery chopped

- 3 cups chicken broth
- 8 sage leaves fresh
- 0.3 cup half-and-half
- 1 small onion chopped
- 0.3 teaspoon pumpkin pie spice
- 0.3 cup cooking sherry
- 4 teaspoons cup heavy whipping cream sour

## Equipment

- bowl
- pot
- slotted spoon
- dutch oven
- immersion blender

## Directions

- Cook and stir pork sausage in a large heavy pot or Dutch oven over medium heat until sausage is browned and crisp, 5 to 8 minutes.
- Remove sausage with a slotted spoon, leaving drippings in the pot. Brown the sage leaves in the hot drippings until crisp, about 30 seconds; remove sage leaves and set aside.
- Cook butternut squash, celery, carrots, and onion in the remaining sausage drippings until the vegetables are softened, stirring only one time after about 5 minutes.
- Pour sherry into the pot and stir to dissolve any browned bits of food on the bottom of the pot.
- Pour in chicken and beef broth and stir in brown sugar and pumpkin pie spice. Bring the soup to a boil, reduce heat to low, and simmer until squash is tender, about 20 minutes.
- Puree soup with an immersion blender, leaving a few chunks of vegetables.
- Pour in half-and-half and season with black pepper. Divide soup into 4 large bowls and top each serving with 1 teaspoon sour cream, cooked sausage, and 2 fried sage leaves.

## Nutrition Facts

PROTEIN 15.88% FAT 51.61% CARBS 32.51%

## Properties

Glycemic Index:45.21, Glycemic Load:1.31, Inflammation Score:-10, Nutrition Score:18.938695710638%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

## Nutrients (% of daily need)

Calories: 321.85kcal (16.09%), Fat: 18.31g (28.17%), Saturated Fat: 6.6g (41.27%), Carbohydrates: 25.96g (8.65%), Net Carbohydrates: 22.32g (8.12%), Sugar: 12.18g (13.54%), Cholesterol: 52mg (17.33%), Sodium: 1289.16mg (56.05%), Alcohol: 1.54g (100%), Alcohol %: 0.38% (100%), Protein: 12.67g (25.35%), Vitamin A: 16446.25IU (328.93%), Vitamin C: 27.8mg (33.7%), Vitamin B3: 5.26mg (26.29%), Potassium: 807.55mg (23.07%), Manganese: 0.46mg (23.03%), Vitamin B1: 0.34mg (22.86%), Vitamin B6: 0.44mg (22.22%), Copper: 0.42mg (21.2%), Phosphorus: 168.12mg (16.81%), Vitamin B2: 0.28mg (16.34%), Magnesium: 60.84mg (15.21%), Fiber: 3.64g (14.54%), Vitamin E: 2.09mg (13.93%), Folate: 48.61µg (12.15%), Calcium: 118.84mg (11.88%), Zinc: 1.74mg (11.58%), Iron: 1.94mg (10.76%), Vitamin B5: 1.07mg (10.74%), Vitamin K: 11.22µg (10.69%), Vitamin B12: 0.6µg (9.94%), Vitamin D: 0.74µg (4.91%), Selenium: 2.62µg (3.74%)