



## Butternut Squash Soup with Spiced Seeds

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



130 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 tablespoon brown sugar
- 3.5 pound butternut squash
- 1 tablespoon canola oil
- 0.8 cup pumpkinseed kernels unsalted
- 1 tablespoon egg white lightly beaten
- 4 cups less-sodium chicken broth fat-free
- 0.1 teaspoon ground cinnamon
- 1 Dash ground pepper red

- 0.8 teaspoon kosher salt divided
- 1 tablespoon powdered sugar
- 0.1 teaspoon salt
- 0.3 teaspoon water
- 2 cups water

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- wire rack
- blender

## Directions

- Preheat oven to 30
- Combine first 7 ingredients in a small bowl.
- Add seeds to sugar mixture, stirring to coat.
- Spread seed mixture evenly on a baking sheet lined with parchment paper and coated with cooking spray.
- Bake at 300 for 15 minutes. Stir mixture; bake an additional 15 minutes.
- Place parchment on a wire rack; cool pumpkinseed mixture. Break into small pieces; set aside.
- Preheat oven to 35
- Cut squash in half lengthwise; discard seeds and membrane.
- Brush oil over cut sides of squash; sprinkle cut sides with 1/4 teaspoon salt.
- Place squash, cut sides down, on a jelly-roll pan.

- Bake at 350 for 1 hour and 20 minutes or until squash is tender. Cool slightly. Scoop out squash pulp from skins; discard skins.
- Place squash pulp and broth in a blender.
- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- Pour pureed mixture into a medium saucepan; stir in 2 cups water and remaining 1/2 teaspoon salt. Cook over medium-high heat 5 minutes or until thoroughly heated. Top each serving with seeds.

## Nutrition Facts



### Properties

Glycemic Index:4.63, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:16.495652095131%

### Nutrients (% of daily need)

Calories: 130.28kcal (6.51%), Fat: 2.33g (3.59%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 28.07g (9.36%), Net Carbohydrates: 23.77g (8.65%), Sugar: 7.67g (8.52%), Cholesterol: 0mg (0%), Sodium: 764.5mg (33.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.31%), Vitamin A: 21107.09IU (422.14%), Vitamin C: 41.93mg (50.82%), Manganese: 0.44mg (21.92%), Potassium: 758.34mg (21.67%), Vitamin E: 3.18mg (21.21%), Magnesium: 71.58mg (17.9%), Fiber: 4.3g (17.19%), Vitamin B6: 0.33mg (16.41%), Vitamin B3: 3.17mg (15.87%), Folate: 60.51µg (15.13%), Vitamin B1: 0.21mg (14.15%), Calcium: 103.91mg (10.39%), Vitamin B5: 0.99mg (9.9%), Copper: 0.18mg (9.03%), Iron: 1.61mg (8.93%), Phosphorus: 85.44mg (8.54%), Selenium: 3.98µg (5.68%), Vitamin B2: 0.09mg (5.04%), Vitamin B12: 0.23µg (3.81%), Vitamin K: 3.45µg (3.29%), Zinc: 0.38mg (2.52%)