



Delicata Creamy Squash Soup

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



326 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 3 delicata squash halved lengthwise seeded
- 6 servings pepper black to taste
- 1.5 cups cup heavy whipping cream
- 1 onion chopped
- 6 servings salt to taste
- 3 cups vegetable stock

Equipment

- food processor
- sauce pan
- oven
- blender
- baking pan
- aluminum foil

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Place the squash, cut sides down, in a baking dish.
- Add 1/8 inch water in baking dish, cover with foil and bake 35–40 minutes or until tender. Cool.
- In a large saucepan, melt butter.
- Add onion and cook over low heat, stirring occasionally until onion is softened but not brown.
- Scrape the squash out of the flesh and add to onions.
- Add the stock and heavy cream. Cook over moderate heat, stirring occasionally, about 25 minutes.
- Puree the soup in a blender or food processor. Season with salt and pepper to taste and serve.

Nutrition Facts



PROTEIN 4.76% **FAT 66.86%** **CARBS 28.38%**

Properties

Glycemic Index:25.67, Glycemic Load:1.07, Inflammation Score:-10, Nutrition Score:14.126521473346%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 326.23kcal (16.31%), Fat: 25.58g (39.35%), Saturated Fat: 16.15g (100.96%), Carbohydrates: 24.43g (8.14%), Net Carbohydrates: 20.69g (7.53%), Sugar: 8.5g (9.44%), Cholesterol: 77.27mg (25.76%), Sodium: 719.67mg (31.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Vitamin A: 4338.71IU (86.77%), Vitamin C: 29.57mg (35.85%), Potassium: 878.53mg (25.1%), Manganese: 0.41mg (20.33%), Vitamin B6: 0.4mg (19.83%), Vitamin B2: 0.26mg (15.24%), Folate: 60.38µg (15.1%), Fiber: 3.73g (14.94%), Calcium: 108.59mg (10.86%), Magnesium: 37.98mg (9.49%), Phosphorus: 93.2mg (9.32%), Copper: 0.18mg (8.8%), Iron: 1.42mg (7.91%), Vitamin D: 0.95µg (6.35%), Vitamin E: 0.93mg (6.21%), Vitamin B5: 0.61mg (6.07%), Vitamin B3: 1.19mg (5.97%), Vitamin B1: 0.09mg (5.91%), Vitamin K: 4.96µg (4.72%), Zinc: 0.66mg (4.37%), Selenium: 2.83µg (4.05%), Vitamin B12: 0.1µg (1.72%)