



Dinner Tonight: Squash and Fennel Soup with Candied Pumpkin Seeds

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



452 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaves
- ☐ 1 tablespoon butter
- ☐ 1 pinch cinnamon generous
- ☐ 0.3 cup crème fraîche (I substituted Greek yogurt)
- ☐ 2 medium fennel bulb
- ☐ 2 teaspoons fennel seeds
- ☐ 1 tablespoon thyme sprigs fresh

- ☐ 0.3 teaspoon ground cumin whole
- ☐ 1 teaspoon honey
- ☐ 4 tablespoons olive oil
- ☐ 2 cups onion sliced
- ☐ 0.5 cup pumpkin seeds raw
- ☐ 2 pepper dried red crushed
- ☐ 4 servings salt to taste
- ☐ 0.8 cup cooking sherry
- ☐ 1 tablespoon sugar
- ☐ 8 cups water
- ☐ 2 pounds winter squash such as butternut

Equipment

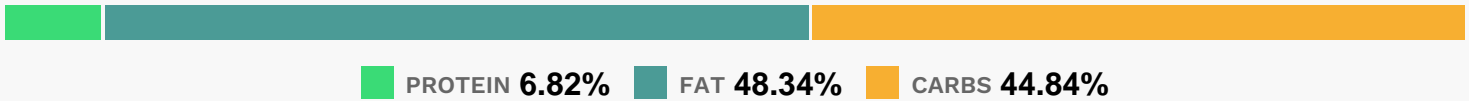
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ roasting pan
- ☐ mortar and pestle
- ☐ dutch oven

Directions

- ☐ Heat the oven to 400°F. Peel and cut the squash up into 1-inch wedges, discarding the peel and seeds. Peel and core the fennel and chop it up into equally-sized wedges. Roast, drizzled with the olive oil and a pinch of salt and pepper, until soft and caramelized, about 35 minutes.
- ☐ In the meantime, toast the fennel seeds in a dry skillet until fragrant, then grind or pulverize in a mortar and pestle.
- ☐ Heat the butter over medium-high heat in a heavy, large pot (like a Dutch oven) until it foams, then add the seeds, onion, thyme, chiles, bay leaf, and a pinch of salt and pepper. Cook until the onions are soft and translucent, about 10 minutes.

- ☐ While the squash and fennel finish roasting, prepare the pumpkin seeds: melt the butter in a small skillet over medium heat, then add the seeds, sugar, spices, and a pinch of salt. Toss well to coat the seeds and cook until they begin to pop and color slightly, moving them around the pan often.
- ☐ Remove from the heat, wait 30 seconds, then add the honey and toss quickly to coat.
- ☐ Spread on a plate to cool.
- ☐ Combine the contents of the roasting pan with the onion in the heavy pot, and pour in the sherry. Allow to reduce for a few minutes, then add the water and bring to a boil. Simmer for 20 minutes.
- ☐ Transfer about a third of the solids to a blender (purée it in batches to ensure the perfect consistency) and add 1/2 cup or so of the liquid. Turn on at low speed until the solid are completely puréed, then add another 1/2 cup broth and turn the speed to high, adding liquid little by little until the soup has the consistency of heavy cream. Blend for at least a full minute on high speed. Follow this process for the rest of the soup.
- ☐ Serve the soup with some crème fraîche or Greek yogurt spooned in, scattered with the pumpkin seeds.

Nutrition Facts



Properties

Glycemic Index:81.09, Glycemic Load:7.01, Inflammation Score:-10, Nutrition Score:32.300434345784%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.53mg, Quercetin: 16.53mg, Quercetin: 16.53mg, Quercetin: 16.53mg

Nutrients (% of daily need)

Calories: 452.16kcal (22.61%), Fat: 24.32g (37.41%), Saturated Fat: 6.08g (37.99%), Carbohydrates: 50.74g (16.91%), Net Carbohydrates: 40.03g (14.56%), Sugar: 18.45g (20.5%), Cholesterol: 16.01mg (5.34%), Sodium: 322.79mg (14.03%), Alcohol: 4.64g (100%), Alcohol %: 0.59% (100%), Protein: 7.72g (15.45%), Vitamin A: 24547.71IU (490.95%), Vitamin C: 70.91mg (85.95%), Vitamin K: 86.02µg (81.92%), Manganese: 1.32mg (65.78%), Potassium: 1547.29mg (44.21%), Fiber: 10.71g (42.85%), Magnesium: 170.38mg (42.6%), Vitamin E: 6.31mg (42.07%), Folate: 114.98µg (28.74%), Phosphorus: 282.68mg (28.27%), Vitamin B6: 0.55mg (27.68%), Calcium: 243.36mg (24.34%), Copper: 0.48mg (24.12%), Iron: 4.13mg (22.97%), Vitamin B3: 4.13mg (20.66%), Vitamin B1: 0.31mg (20.55%), Vitamin B5: 1.42mg (14.18%), Zinc: 1.57mg (10.47%), Vitamin B2: 0.16mg (9.57%), Selenium: 3.77µg (5.38%)