



Acorn Squash Bisque

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 to 3 sized squashes (3 pounds total)
- 1 tablespoon butter
- 1 medium onion finely chopped
- 1 serving coarse mustard
- 0.5 teaspoon thyme sprigs fresh plus more for garnish
- 14.5 ounces chicken broth reduced-sodium canned
- 0.5 cup frangelico

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- knife
- blender
- aluminum foil
- microwave

Directions

- Place squashes on a paper towel and microwave on high just until tender when pierced with the tip of a paring knife, 8 to 10 minutes.
- Remove from the microwave, and halve each squash lengthwise (to speed cooling). When cool enough to handle, scoop out and discard the seeds. Scrape out flesh into a bowl; discard skin. (To prepare in oven, preheat oven to 450 degrees. Halve squash lengthwise; scoop out and discard seeds.
- Place squash, cut side down, on a rimmed baking sheet; cover tightly with aluminum foil. Roast until almost tender when pierced with a knife, 15 to 25 minutes. When cool enough to handle, scrape out flesh, discard skin, and proceed with step 2).
- In a large saucepan, heat butter over medium.
- Add onion; season with salt and pepper. Cook, stirring occasionally, until tender, 3 to 5 minutes.
- Add squash, thyme, broth, and 2 cups water. Bring to a boil over high heat; reduce to medium, and cook until squash is very tender, 10 to 12 minutes.
- Working in batches, puree mixture in a blender until very smooth, about 1 minute. Return to pan; add half-and-half, and season generously with salt and pepper. Thin bisque, if needed, by adding more water.
- Serve garnished with thyme.

Nutrition Facts

PROTEIN 45.85% FAT 42.68% CARBS 11.47%

Properties

Glycemic Index:46.5, Glycemic Load:1.29, Inflammation Score:-7, Nutrition Score:11.078260792338%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 242.91kcal (12.15%), Fat: 11.41g (17.56%), Saturated Fat: 4.17g (26.06%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 5.27g (1.92%), Sugar: 3.34g (3.71%), Cholesterol: 58.91mg (19.64%), Sodium: 534.67mg (23.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.59g (55.17%), Selenium: 19.7µg (28.15%), Vitamin C: 19.1mg (23.15%), Vitamin B6: 0.44mg (22.19%), Phosphorus: 204.9mg (20.49%), Zinc: 2.92mg (19.44%), Vitamin B12: 1.03µg (17.23%), Vitamin B3: 2.99mg (14.94%), Vitamin B2: 0.25mg (14.86%), Potassium: 458.38mg (13.1%), Manganese: 0.22mg (10.82%), Iron: 1.8mg (10.01%), Magnesium: 40.01mg (10%), Vitamin A: 478.68IU (9.57%), Folate: 36.01µg (9%), Fiber: 1.63g (6.54%), Copper: 0.11mg (5.72%), Vitamin K: 5.68µg (5.41%), Vitamin B1: 0.06mg (4.16%), Calcium: 38.05mg (3.81%), Vitamin E: 0.54mg (3.58%), Vitamin B5: 0.19mg (1.94%)