



Golden Winter Soup

READY IN



45 min.

SERVINGS



8

CALORIES



307 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounces baguette cut into 16 slices
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 5 cups butternut squash cubed peeled () (1 1/2 pounds)
- ☐ 3 tablespoons chives chopped
- ☐ 4 cups less-sodium chicken broth fat-free
- ☐ 3 ounces gruyère cheese shredded
- ☐ 1 cup half-and-half
- ☐ 1 teaspoon kosher salt

- ☐ 2 cups leek sliced (2 medium)
- ☐ 2 cups baking potatoes cubed peeled () (12 ounces)

Equipment

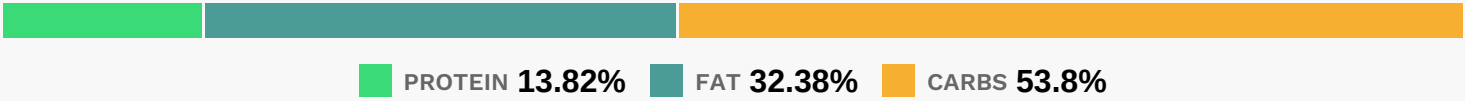
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ blender
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Preheat broiler.
- ☐ Melt butter in a large Dutch oven over medium-high heat.
- ☐ Add squash, potato, salt, and pepper to pan; saut 3 minutes.
- ☐ Add leek; saut 1 minute. Stir in broth; bring to a boil. Reduce heat, and simmer 20 minutes or until potato is tender, stirring occasionally.
- ☐ Place half of potato mixture 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 into a large bowl. Repeat procedure with remaining potato mixture. Stir in half-and-half. Cover and keep warm.
- ☐ Arrange bread slices in a single layer on a baking sheet; sprinkle evenly with cheese. Broil bread slices 2 minutes or until golden. Ladle 1 cup soup into each of 8 bowls; top each serving with about 1 teaspoon chives.
- ☐ Serve 2 bread slices with each serving.
- ☐ Garnish with freshly ground black pepper, if desired.
- ☐ Wine note: This is one vegetable soup that can easily handle a lighter red wine. Stick with the French theme and look for bargains from Burgundy, like Louis Jadot Pinot Noir 2005 (\$20).

This wine has pretty red berry fruit, great balance, and gentle tannins that make it ideal for lower-fat dishes. The underlying earthy, leathery flavors bring out the rustic nuances of the potatoes and squash. Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:39.44, Glycemic Load:20.27, Inflammation Score:-10, Nutrition Score:20.017391378465%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 306.53kcal (15.33%), Fat: 11.3g (17.39%), Saturated Fat: 6.21g (38.79%), Carbohydrates: 42.25g (14.08%), Net Carbohydrates: 38.66g (14.06%), Sugar: 6.5g (7.22%), Cholesterol: 29.81mg (9.94%), Sodium: 1144.45mg (49.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.85g (21.71%), Vitamin A: 10017.52IU (200.35%), Vitamin C: 24.11mg (29.22%), Manganese: 0.58mg (28.77%), Vitamin B1: 0.4mg (26.91%), Calcium: 251.54mg (25.15%), Folate: 93.03µg (23.26%), Vitamin B3: 4.15mg (20.73%), Phosphorus: 204.92mg (20.49%), Vitamin B6: 0.4mg (20.09%), Selenium: 13.18µg (18.83%), Potassium: 645.64mg (18.45%), Iron: 3.09mg (17.19%), Vitamin B2: 0.29mg (16.94%), Magnesium: 64.41mg (16.1%), Vitamin K: 16.9µg (16.09%), Fiber: 3.59g (14.36%), Vitamin E: 1.78mg (11.88%), Copper: 0.21mg (10.56%), Vitamin B5: 0.95mg (9.47%), Zinc: 1.17mg (7.8%), Vitamin B12: 0.46µg (7.68%)