



Roasted Acorn Squash & Turnip Soup

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



207 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 3 tablespoon brandy
- ☐ 1 carrots roughly chopped
- ☐ 6 cup chicken stock see
- ☐ 2 clove garlic peeled smashed
- ☐ 1 pinch ground coriander
- ☐ 1 teaspoon sugar
- ☐ 0.5 pound turnips roughly chopped

☐ 5 tablespoon butter unsalted

Equipment

☐ bowl

☐ baking sheet

☐ oven

☐ pot

☐ blender

☐ immersion blender

Directions

☐ Heat the oven to 375 degrees F. Season the squash with salt and white pepper.

☐ Place ½ tablespoon butter into each cavity and place the squash halves on a parchment-lined baking sheet.

☐ Bake until tender and caramelized, about 1 hour.

☐ Remove from the oven and let it cool on the tray. Melt the remaining butter in a medium soup pot set over medium heat.

☐ Add the leeks, celery, carrots and garlic.

☐ Sprinkle the mixture with sugar. Cover, and cook for 10 minutes, until softened.

☐ Add the turnips, stock, bay leaf and coriander then bring the mixture to a boil. Reduce the heat to low, season with salt and white pepper. Cover and cook another 20 minutes, until the turnips are very tender.

☐ Remove the bay leaf. Scoop the flesh from the cooled squash halves straight into the soup pot. Using an immersion blender puree the mixture until very smooth, or use a standard blender working in batches if necessary. Return the soup to the soup pot (if using a standard blender) and add brandy. Bring the soup to a simmer and adjust the seasoning.

☐ Garnish with the celery leaves.

☐ Serve warm in individual bowls

Nutrition Facts



 PROTEIN **13.99%**  FAT **58.76%**  CARBS **27.25%**

Properties

Glycemic Index:39.15, Glycemic Load:2.16, Inflammation Score:-8, Nutrition Score:7.5808695800926%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 206.73kcal (10.34%), Fat: 12.44g (19.14%), Saturated Fat: 6.77g (42.34%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 11.92g (4.34%), Sugar: 6.39g (7.1%), Cholesterol: 32.28mg (10.76%), Sodium: 377.14mg (16.4%), Alcohol: 2.51g (100%), Alcohol %: 1.03% (100%), Protein: 6.67g (13.33%), Vitamin A: 1998.31IU (39.97%), Vitamin B3: 4.06mg (20.3%), Vitamin B2: 0.23mg (13.37%), Vitamin C: 9.37mg (11.36%), Potassium: 365.9mg (10.45%), Vitamin B6: 0.21mg (10.38%), Copper: 0.17mg (8.72%), Phosphorus: 83.89mg (8.39%), Selenium: 5.86µg (8.37%), Vitamin B1: 0.11mg (7.28%), Folate: 20.01µg (5%), Manganese: 0.09mg (4.41%), Fiber: 1.06g (4.24%), Magnesium: 16.03mg (4.01%), Iron: 0.7mg (3.92%), Zinc: 0.5mg (3.31%), Vitamin E: 0.42mg (2.81%), Calcium: 27.83mg (2.78%), Vitamin K: 2.69µg (2.57%), Vitamin B5: 0.12mg (1.22%), Vitamin D: 0.17µg (1.17%)