



Roasted Butternut Bisque

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



123 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1 pound butternut squash cubed peeled
- ☐ 1.5 cups buttermilk fat-free
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 1 garlic clove finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots finely chopped

☐ 2.5 cups vegetable broth organic such as Swanson Certified

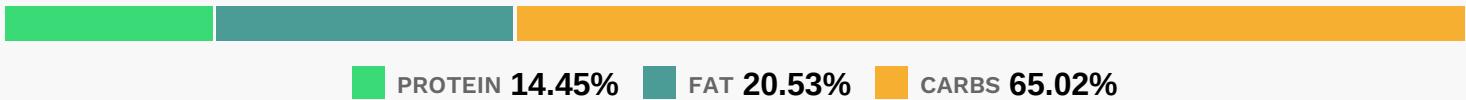
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Place squash in a 2-quart baking dish coated with cooking spray. Lightly coat squash with cooking spray.
- ☐ Sprinkle squash with salt and pepper; toss well.
- ☐ Bake at 375 for 30 minutes or until tender.
- ☐ Melt butter in a Dutch oven over medium heat.
- ☐ Add shallots and garlic to pan; cook 3 minutes, stirring occasionally.
- ☐ Add squash and broth to pan; bring to a boil, and cook 2 minutes. Stir in buttermilk. Reduce heat, and cook 2 minutes, stirring constantly.
- ☐ Place one-third of squash 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 squash mixture.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:1.15, Inflammation Score:-10, Nutrition Score:11.79695656928%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 122.57kcal (6.13%), Fat: 2.97g (4.57%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 21.18g (7.06%), Net Carbohydrates: 18.67g (6.79%), Sugar: 8.59g (9.55%), Cholesterol: 9.3mg (3.1%), Sodium: 842.82mg (36.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.41%), Vitamin A: 12539.72IU (250.79%), Vitamin C: 26.84mg (32.54%), Vitamin K: 18.15µg (17.29%), Manganese: 0.27mg (13.71%), Potassium: 426.94mg (12.2%), Vitamin E: 1.73mg (11.5%), Magnesium: 40.58mg (10.15%), Vitamin B6: 0.2mg (10.13%), Fiber: 2.51g (10.03%), Folate: 33.99µg (8.5%), Vitamin B1: 0.12mg (7.94%), Calcium: 72.04mg (7.2%), Vitamin B3: 1.39mg (6.96%), Iron: 0.94mg (5.24%), Vitamin B5: 0.48mg (4.82%), Copper: 0.09mg (4.58%), Phosphorus: 43.19mg (4.32%), Vitamin B2: 0.03mg (1.58%), Zinc: 0.21mg (1.43%), Selenium: 0.78µg (1.11%)