



Roasted Butternut Soup with Goat Cheese Toasts

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



307 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 ounce bread baguette french
- ☐ 2.5 pound butternut squash
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 teaspoons sage fresh chopped

- ☐ 3 garlic cloves minced
- ☐ 2 ounces goat cheese crumbled
- ☐ 2 teaspoons honey
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1.5 cups onion chopped
- ☐ 0.8 teaspoon salt
- ☐ 6 cups roasted vegetable stock
- ☐ 2 cups yukon gold potatoes peeled coarsely chopped

Equipment

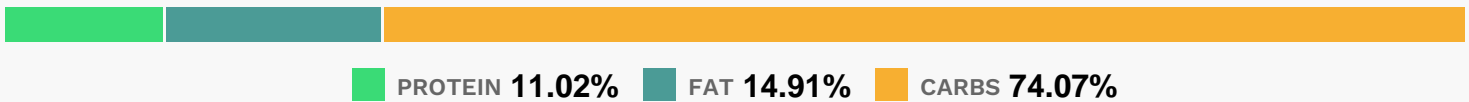
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Preheat oven to 40
- ☐ Cut squash in half lengthwise; discard seeds.
- ☐ Place squash, cut sides down, on a foil-lined baking sheet coated with cooking spray.
- ☐ Bake at 400 for 30 minutes or until tender. Cool. Discard peel; mash pulp.
- ☐ Preheat broiler.
- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion; saut 4 minutes, stirring occasionally.
- ☐ Add garlic; saut 30 seconds, stirring constantly.

- ☐ Add squash, Roasted Vegetable Stock, and next 5 ingredients (through bay leaf); bring to a boil. Reduce heat, and simmer 45 minutes or until potato is tender, stirring occasionally.
- ☐ Let stand 10 minutes. Discard bay leaf.
- ☐ Place bread slices in a single layer on a baking sheet. Broil 2 minutes or until toasted.
- ☐ Sprinkle about 4 teaspoons cheese on each slice; sprinkle evenly with chives.
- ☐ Place one-third of vegetable 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 twice with remaining squash mixture. Return pureed mixture to pan; cook over medium heat 3 minutes or until thoroughly heated. Stir in parsley and honey.
- ☐ Serve with toasts.

Nutrition Facts



Properties

Glycemic Index:71.25, Glycemic Load:24.78, Inflammation Score:-10, Nutrition Score:28.805652341117%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.04mg, Isorhamnetin: 2.04mg, Isorhamnetin: 2.04mg, Isorhamnetin: 2.04mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg

Nutrients (% of daily need)

Calories: 307.4kcal (15.37%), Fat: 5.37g (8.26%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 60.03g (20.01%), Net Carbohydrates: 53.05g (19.29%), Sugar: 11.81g (13.12%), Cholesterol: 4.35mg (1.45%), Sodium: 1451.23mg (63.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.86%), Vitamin A: 20826.62IU (416.53%), Copper: 2.38mg (118.97%), Vitamin C: 60.74mg (73.62%), Manganese: 0.82mg (41.1%), Vitamin B6: 0.65mg (32.36%), Vitamin B1: 0.49mg (32.33%), Potassium: 1111.52mg (31.76%), Fiber: 6.98g (27.94%), Folate: 109.94µg (27.48%), Vitamin K: 28.6µg (27.24%), Magnesium: 99.58mg (24.9%), Vitamin B3: 4.59mg (22.94%), Vitamin E: 3.16mg (21.09%), Iron: 3.54mg (19.67%), Phosphorus: 176.73mg (17.67%), Calcium: 147.59mg (14.76%), Selenium: 10µg (14.28%), Vitamin B2: 0.24mg (13.9%), Vitamin B5: 1.22mg (12.16%), Zinc: 1.02mg (6.78%)