



Roasted Butternut Squash and Sweet Potato Bisque with Smoked Applewood Bacon

 **Gluten Free** type unknown

READY IN

ready type unknown

105 min.

SERVINGS

servings type unknown

8

CALORIES

calories type unknown

381 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 slices applewood-smoked bacon
- ☐ 1 tablespoon butter
- ☐ 2 pound butternut squash cubed peeled seeded
- ☐ 1.5 quarts chicken stock see
- ☐ 2 cloves garlic chopped
- ☐ 1 teaspoon ground nutmeg
- ☐ 8 servings salt and ground pepper black to taste

- ☐ 1.5 cups half-and-half
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 1 pound sweet potatoes cubed peeled
- ☐ 0.5 cup white wine

Equipment

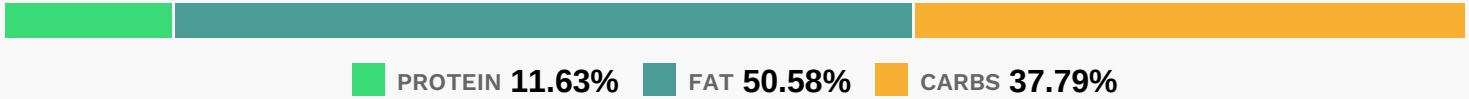
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ ladle
- ☐ oven
- ☐ blender
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Combine squash, sweet potatoes, olive oil, salt, and pepper together in a bowl; toss to coat.
- ☐ Pour out onto a baking sheet.
- ☐ Bake in the preheated oven, flipping the vegetables once, until slightly caramelized and tender, about 60 minutes.
- ☐ Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until slightly crisp, 7 to 10 minutes. Reserve 1 tablespoon bacon drippings.
- ☐ Drain the bacon slices on paper towels; crumble bacon.
- ☐ Heat bacon drippings and butter together in Dutch oven over medium heat.
- ☐ Saute onion and butter in hot butter mixture until onion is translucent, 7 to 10 minutes.

- ☐
- Pour the white wine into the pan and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Cook until white wine is reduced by half, 3 to 5 minutes.
- ☐
- Stir roasted squash mixture into onion mixture; add stock and bring to a boil. Reduce heat to low and simmer until all vegetables are tender, about 10 minutes.
- ☐
- Pour vegetable mixture into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth. Return pureed soup to Dutch oven.
- ☐
- Stir half-and-half into pureed soup; cook and stir over medium-low heat until soup is warmed through, about 5 minutes. Stir nutmeg into soup; season with salt and pepper to taste. Ladle into bowls and top each with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:6.21, Inflammation Score:-10, Nutrition Score:19.233912885189%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 380.82kcal (19.04%), Fat: 21.26g (32.7%), Saturated Fat: 8.18g (51.1%), Carbohydrates: 35.74g (11.91%), Net Carbohydrates: 31.36g (11.4%), Sugar: 10.56g (11.74%), Cholesterol: 39.49mg (13.16%), Sodium: 475.79mg (20.69%), Alcohol: 1.54g (100%), Alcohol %: 0.43% (100%), Protein: 11g (21.99%), Vitamin A: 20317.18IU (406.34%), Vitamin C: 27.57mg (33.41%), Vitamin B3: 5.46mg (27.31%), Potassium: 923.7mg (26.39%), Vitamin B6: 0.52mg (26.13%), Manganese: 0.45mg (22.63%), Vitamin B1: 0.31mg (20.4%), Phosphorus: 197.16mg (19.72%), Vitamin B2: 0.32mg (19%), Magnesium: 71.23mg (17.81%), Fiber: 4.38g (17.52%), Vitamin E: 2.59mg (17.28%), Selenium: 10.93µg (15.61%), Copper: 0.29mg (14.52%), Calcium: 134.79mg (13.48%), Folate: 51.08µg (12.77%), Vitamin B5: 1.2mg (11.98%), Iron: 1.75mg (9.75%), Zinc: 1.09mg (7.28%), Vitamin K: 5.75µg (5.48%), Vitamin B12: 0.2µg (3.32%)