



Roasted Butternut Squash Bisque

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



296 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 3 pounds butternut squash
- 2 cup chicken broth
- 8 servings marmalade cream
- 2 teaspoons curry powder
- 2 granny smith apples peeled cut into 8 wedges
- 0.5 cup milk
- 2 large onions peeled cut into 1-inch pieces

- 1 cup orange juice fresh
- 2 teaspoons orange rind grated
- 1 teaspoon salt
- 1 cup whipping cream

Equipment

- food processor
- baking sheet
- oven
- aluminum foil
- dutch oven

Directions

- Cut squash in half, and remove seeds.
- Place squash halves, apple wedges, and onions on a lightly greased foil-lined baking sheet, cut sides down.
- Bake at 400 for 45 minutes or until squash is tender.
- Remove from oven; cool. Scoop out squash pulp, discarding shells.
- Combine pulp, roasted apples and onions, broth, and next 5 ingredients in a Dutch oven. Bring to a boil; reduce heat to medium-low, and simmer, stirring often, 5 minutes.
- Remove mixture from heat; cool.
- Process squash mixture, 1 cup at a time, in a food processor until smooth. Return pure to Dutch oven, and chill 8 hours, if desired.
- Heat soup in Dutch oven over low heat. Slowly add whipping cream and milk, stirring constantly until thoroughly heated and smooth.
- Remove from heat, and top with Marmalade Cream.
- Serve immediately.

Nutrition Facts



■ PROTEIN 5.93% ■ FAT 48.96% ■ CARBS 45.11%

Properties

Glycemic Index:23.25, Glycemic Load:4.37, Inflammation Score:-10, Nutrition Score:18.805652006813%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg, Quercetin: 9.51mg

Nutrients (% of daily need)

Calories: 296.4kcal (14.82%), Fat: 17.19g (26.44%), Saturated Fat: 10.67g (66.68%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 30.18g (10.98%), Sugar: 14.98g (16.64%), Cholesterol: 53.57mg (17.86%), Sodium: 535.89mg (23.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Vitamin A: 18860.06IU (377.2%), Vitamin C: 57.09mg (69.2%), Potassium: 850.64mg (24.3%), Manganese: 0.48mg (23.92%), Fiber: 5.44g (21.78%), Vitamin E: 3.11mg (20.71%), Magnesium: 74.42mg (18.6%), Vitamin B6: 0.37mg (18.5%), Vitamin B1: 0.25mg (16.99%), Folate: 66.45µg (16.61%), Calcium: 150.98mg (15.1%), Phosphorus: 123.04mg (12.3%), Vitamin B3: 2.45mg (12.23%), Vitamin B2: 0.21mg (12.19%), Vitamin B5: 0.99mg (9.94%), Copper: 0.18mg (9.17%), Iron: 1.64mg (9.1%), Vitamin D: 0.88µg (5.89%), Vitamin K: 5.23µg (4.99%), Selenium: 3.03µg (4.33%), Zinc: 0.59mg (3.92%), Vitamin B12: 0.17µg (2.76%)