



Roasted Butternut Squash & Sage Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



3

CALORIES



190 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 butternut squash
- ☐ 3 sage leaves fresh
- ☐ 1 handful herbs fresh good
- ☐ 1 tablespoon juice of lemon
- ☐ 3 servings another splosh olive oil
- ☐ 3 servings grinding of pepper black
- ☐ 3 servings seasoning of salt and pepper
- ☐ 1 pint vegetable stock

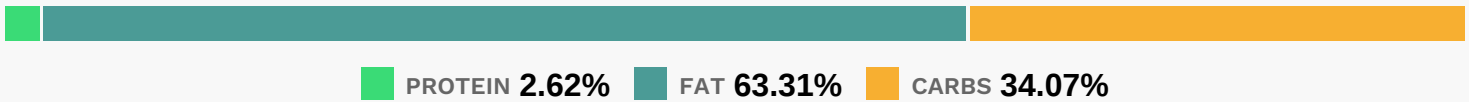
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 200c/180c fan/400f/gas 6.
- ☐ Slice the butternut squash in half lengthwise. Scoop out the seeds.
- ☐ Cut into half moon shapes about 2 cm. Toss in olive oil and season with black pepper.
- ☐ Roast in the oven for about 20–25 minutes until soft and starting to brown at edges.
- ☐ Remove from the tray and leave to cool.
- ☐ Once cool pop the squash into a food processor with the sage and the vegetable stock.
- ☐ Pour into a pot to warm through and season.
- ☐ Whizz up the fresh herbs, olive oil and lemon juice, then drizzle over each bowl of soup.

Nutrition Facts



Properties

Glycemic Index:36.33, Glycemic Load:0.93, Inflammation Score:-10, Nutrition Score:13.545217428518%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 189.79kcal (9.49%), Fat: 14.15g (21.77%), Saturated Fat: 1.96g (12.28%), Carbohydrates: 17.13g (5.71%), Net Carbohydrates: 14.54g (5.29%), Sugar: 4.23g (4.7%), Cholesterol: 0mg (0%), Sodium: 830.79mg (36.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin A: 13736.62IU (274.73%), Vitamin C: 29.96mg (36.31%), Vitamin K: 31.83µg (30.32%), Vitamin E: 3.83mg (25.56%), Manganese: 0.27mg (13.63%), Potassium: 454.22mg (12.98%), Magnesium: 43.71mg (10.93%), Copper: 0.22mg (10.86%), Fiber: 2.59g (10.35%), Vitamin B6: 0.2mg (9.81%), Folate: 36.79µg (9.2%), Vitamin B1: 0.13mg (8.5%), Vitamin B3: 1.52mg (7.62%), Calcium: 63.11mg (6.31%), Iron: 1.06mg (5.87%), Vitamin B5: 0.51mg (5.13%), Phosphorus: 42.6mg (4.26%), Vitamin B2: 0.03mg (1.61%), Zinc: 0.21mg (1.38%)