Roasted Butternut Squash Soup

🍊 **Vegetarian**   🌾 **Gluten Free**

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
120 min.	**8**	**213 kcal**

SOUP   ANTIPASTI   STARTER   SNACK

Ingredients

- [ ] 0.3 teaspoon pepper black as needed freshly ground plus more
- [ ] 4 pounds butternut squash whole seeds removed halved lengthwise (2 medium)
- [ ] 8 sage fresh
- [ ] 8 ounces apples i use 2 granny smith apples
- [ ] 0.3 cup cup heavy whipping cream
- [ ] 1.5 teaspoons kosher salt as needed plus more
- [ ] 2.5 cups chicken broth low-sodium
- [ ] 0.5 cup pumpkin seeds toasted for garnish

- [ ] 2 tablespoons butter unsalted ()
- [ ] 2.5 cups water
- [ ] 0.5 medium onion yellow

Equipment

- [ ] frying pan
- [ ] baking sheet
- [ ] sauce pan
- [ ] oven
- [ ] knife
- [ ] wire rack
- [ ] blender
- [ ] aluminum foil
- [ ] kitchen towels
- [ ] dutch oven
- [ ] immersion blender

Directions

- [ ] Heat the oven to 425°F and arrange a rack in the middle.Line a baking sheet with aluminum foil.

- [ ] Place the squash pieces cut-side up on the baking sheet. Melt 1 tablespoon of the butter and brush all of it over the tops and insides of the squash halves (alternatively, you can rub it on evenly with your fingers). Season generously with salt and pepper. Roast until knife tender, about 50 minutes to 1 hour.Meanwhile, peel, core, and cut the apple into medium dice.

- [ ] Cut the onion into medium dice. Melt the remaining tablespoon of butter in a large saucepan or Dutch oven over medium heat.

- [ ] Add the apple, onion, and sage, season with salt and pepper, and cook, stirring occasionally, until softened, about 7 minutes.

- [ ] Remove the pan from the heat and set aside.When the squash is ready, set the baking sheet on a wire rack until the squash is cool enough to handle. Using a large spoon, scoop the flesh into the saucepan with the sautéed apples and onions; discard the skins.

- ☐ Add the broth, water, and measured salt and pepper, stir to combine, and bring to a boil over medium-high heat. Reduce the heat to medium low and simmer, stirring occasionally and breaking up any large pieces of squash, until the flavors meld, about 15 minutes.

- ☐ Remove the pan from the heat and stir in the cream.Using a blender, purée the soup in batches until smooth, removing the small cap (the pour lid) from the blender lid and covering the space with a kitchen towel (this allows steam to escape and prevents the blender lid from popping off). Alternatively, use an immersion blender. Taste and season with salt and pepper as needed.

- ☐ Serve garnished with the pumpkin seeds, if using.

Nutrition Facts

PROTEIN 9.25% **FAT 34.96%** **CARBS 55.79%**
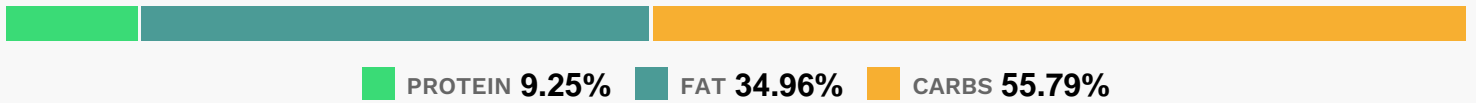
Properties

Glycemic Index:12.63, Glycemic Load:1.2, Inflammation Score:-10, Nutrition Score:19.873478298602%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 212.74kcal (10.64%), Fat: 9.11g (14.01%), Saturated Fat: 4.62g (28.86%), Carbohydrates: 32.71g (10.9%), Net Carbohydrates: 27.12g (9.86%), Sugar: 8.67g (9.64%), Cholesterol: 18.73mg (6.24%), Sodium: 474.84mg (20.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.84%), Vitamin A: 24358.1IU (487.16%), Vitamin C: 49.58mg (60.09%), Manganese: 0.67mg (33.6%), Potassium: 945.83mg (27.02%), Magnesium: 105.32mg (26.33%), Vitamin E: 3.58mg (23.86%), Fiber: 5.59g (22.37%), Copper: 0.4mg (20.13%), Vitamin B3: 3.97mg (19.87%), Vitamin B6: 0.39mg (19.3%), Folate: 66.22µg (16.56%), Vitamin B1: 0.25mg (16.54%), Phosphorus: 158.11mg (15.81%), Calcium: 127.35mg (12.74%), Iron: 2.17mg (12.05%), Vitamin B5: 0.99mg (9.93%), Vitamin B2: 0.1mg (6.05%), Zinc: 0.79mg (5.24%), Vitamin K: 4.1µg (3.91%), Selenium: 1.88µg (2.69%), Vitamin B12: 0.1µg (1.59%), Vitamin D: 0.21µg (1.41%)