



Roasted butternut squash soup

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



406 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 70 g pancetta
- ☐ 1 butternut squash peeled chopped
- ☐ 1 large onion chopped
- ☐ 2 garlic clove chopped
- ☐ 1 tbsp clear honey
- ☐ 3 rosemary
- ☐ 600 ml chicken stock see
- ☐ 150 ml wine

- ☐ 100 ml double cream
- ☐ 1 juice of lemon
- ☐ 25 g pinenuts toasted

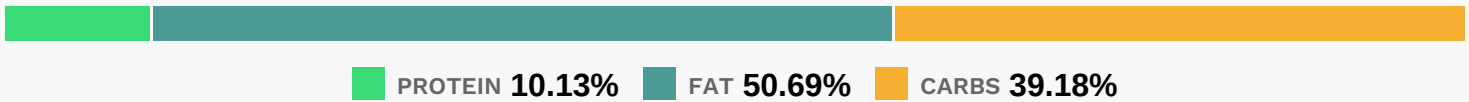
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put the pancetta in a frying pan and fry until crispy. Set aside.
- ☐ Put the squash, onion and garlic in a large roasting tin.
- ☐ Add the honey and rosemary, then roast for about 30 mins, turning squash halfway through, until cooked, tender and golden brown.
- ☐ Remove tin from the oven, take out the rosemary and discard.
- ☐ Transfer contents of tin to a food processor with the stock, wine, cream and lemon juice. Season, then blend until smooth.
- ☐ Transfer mixture to a large saucepan and reheat. Divide soup between individual bowls and top with a sprinkle of pine nuts and pancetta.
- ☐ Serve with Goat's cheese & rosemary tarts if you like (see Goes well with...').

Nutrition Facts



Properties

Glycemic Index:48.57, Glycemic Load:3.33, Inflammation Score:-10, Nutrition Score:22.736086990522%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 405.99kcal (20.3%), Fat: 22.39g (34.44%), Saturated Fat: 8.97g (56.07%), Carbohydrates: 38.93g (12.98%), Net Carbohydrates: 34.21g (12.44%), Sugar: 13.96g (15.51%), Cholesterol: 44.53mg (14.84%), Sodium: 351.84mg (15.3%), Alcohol: 3.92g (100%), Alcohol %: 1.04% (100%), Protein: 10.07g (20.14%), Vitamin A: 20317.47IU (406.35%), Vitamin C: 46.1mg (55.88%), Manganese: 1.06mg (52.78%), Potassium: 1014.57mg (28.99%), Vitamin B3: 5.76mg (28.79%), Vitamin B6: 0.53mg (26.57%), Magnesium: 98.03mg (24.51%), Vitamin E: 3.66mg (24.37%), Vitamin B1: 0.34mg (22.74%), Phosphorus: 199.56mg (19.96%), Fiber: 4.72g (18.86%), Folate: 70.75µg (17.69%), Copper: 0.33mg (16.7%), Vitamin B2: 0.26mg (15.49%), Selenium: 9.09µg (12.99%), Iron: 2.33mg (12.95%), Calcium: 129.53mg (12.95%), Vitamin B5: 1.02mg (10.16%), Zinc: 1.31mg (8.73%), Vitamin K: 6.87µg (6.54%), Vitamin D: 0.47µg (3.15%), Vitamin B12: 0.13µg (2.13%)