



Roasted Squash Soup with Sage

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



281 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 medium acorn squash (roundish)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 5 cups chicken broth
- ☐ 1.5 tsp sea salt
- ☐ 0.5 cup crème fraîche
- ☐ 2 garlic cloves chopped
- ☐ 4 tablespoons mild olive oil extra-virgin
- ☐ 2 tablespoons sage chopped for garnish

- ☐ 1 teaspoon paprika smoked
- ☐ 1 medium onion yellow chopped

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ blender

Directions

- ☐ Preheat oven to 375°F
- ☐ Cut top third off each squash. Scoop out seeds from squash bottoms and tops; discard. Trim just enough off bottom of each squash so that it sits straight.
- ☐ Set squash bottoms and tops on 2 large baking sheets and drizzle with about 2 tbsp. oil, rubbing it all over insides and rims.
- ☐ Bake 45 to 55 minutes, or until the flesh is soft and golden brown, but before squash start collapsing.
- ☐ Meanwhile, heat remaining 2 tbsp. oil in a large pot over medium heat; add onion, paprika, sage, and 1/2 tsp. salt and cook until golden brown, about 5 minutes.
- ☐ Add garlic and cook 2 minutes more.
- ☐ Scoop cooked flesh from squash into pot, leaving enough flesh so that squash keep their shape. Pave over any holes in squash "bowls" with some cooked squash and keep them warm.
- ☐ To pot add 5 cups stock, remaining 1 tsp. salt, and the pepper. Bring to a boil; reduce heat and simmer 5 minutes.
- ☐ Add salt to taste.
- ☐ Pure soup in batches in a blender, adding more stock if soup is too thick (cover top with a towel to keep hot soup from spurting out). Reheat in pot. Stir in crme frache and more stock if necessary.
- ☐ Ladle soup into squash bowls and top with sage leaves.

Nutrition Facts



PROTEIN 6.54% **FAT 31.04%** **CARBS 62.42%**

Properties

Glycemic Index:13, Glycemic Load:0.38, Inflammation Score:-9, Nutrition Score:24.996521939402%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 281.37kcal (14.07%), Fat: 10.66g (16.4%), Saturated Fat: 2.58g (16.14%), Carbohydrates: 48.22g (16.07%), Net Carbohydrates: 41.28g (15.01%), Sugar: 1.74g (1.93%), Cholesterol: 11.42mg (3.81%), Sodium: 999.41mg (43.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.1%), Copper: 4.86mg (243.15%), Vitamin C: 48.79mg (59.14%), Manganese: 0.99mg (49.48%), Potassium: 1576.97mg (45.06%), Vitamin B1: 0.65mg (43.36%), Magnesium: 145.61mg (36.4%), Vitamin A: 1798.43IU (35.97%), Vitamin B6: 0.7mg (35.06%), Fiber: 6.94g (27.76%), Folate: 76.91µg (19.23%), Iron: 3.45mg (19.15%), Vitamin B5: 1.81mg (18.15%), Phosphorus: 178.63mg (17.86%), Calcium: 178.44mg (17.84%), Vitamin B3: 3.4mg (17%), Vitamin B2: 0.16mg (9.62%), Vitamin E: 1.2mg (7.99%), Zinc: 0.78mg (5.23%), Selenium: 3.47µg (4.96%), Vitamin K: 4.9µg (4.67%)