



Roasted Squash Soup with Turkey Croquettes

READY IN



45 min.

SERVINGS



4

CALORIES



437 kcal

SOUP

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon canola oil
- ☐ 2.5 tablespoons canola oil divided
- ☐ 0.5 cup carrots finely chopped
- ☐ 0.3 cup celery finely chopped
- ☐ 1 large eggs lightly beaten
- ☐ 1 egg white
- ☐ 4 cups fat-free less-sodium chicken broth fat-free
- ☐ 1.5 teaspoons fresh sage fresh chopped

- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon honey
- ☐ 2 pounds kabocha squash
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup low fat milk 2% reduced-fat
- ☐ 2 tablespoons low fat milk 2% reduced-fat
- ☐ 0.8 cup onion finely chopped
- ☐ 1.8 cups panko breadcrumbs divided
- ☐ 1 Dash pepper black freshly ground
- ☐ 1 Dash pepper black freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 2 cups turkey leftover cooked finely chopped

Equipment

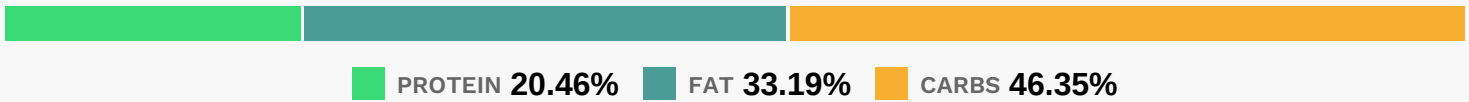
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ To prepare soup, cut squash in half lengthwise. Discard seeds and membrane.
- ☐ Place squash, cut-sides up, on a foil-lined baking sheet.
- ☐ Drizzle with honey; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Bake at 400 for 1 hour or until tender; cool. Scoop out squash with a spoon; discard skin.

- ☐ Heat 1 teaspoon oil in a saucepan over medium-high heat.
- ☐ Add onion, carrot, celery, and garlic; saut 10 minutes or until tender.
- ☐ Remove 3/4 cup vegetables; set aside.
- ☐ Add broth to pan; cook over medium heat 12 minutes. Stir in squash. Reduce heat; simmer 15 minutes.
- ☐ Place soup in food processor; process until smooth.
- ☐ Add 1 cup milk, 1/2 teaspoon salt, and dash of pepper; set aside.
- ☐ To prepare croquettes, combine reserved vegetables, turkey, 1/4 cup breadcrumbs and next 6 ingredients (1/4 cup breadcrumbs through egg white). Cover and refrigerate 30 minutes or until firm. Shape into 12 (1-inch-thick) patties; press 1 1/2 cups breadcrumbs onto patties.
- ☐ Heat 3 3/4 teaspoons oil in a nonstick skillet over medium heat.
- ☐ Add 6 patties to pan; cook 3 minutes on each side or until golden brown.
- ☐ Remove croquettes from pan; keep warm. Repeat procedure with remaining oil and patties.
- ☐ Reheat soup. Divide evenly among 6 bowls; top with croquettes.
- ☐ Garnish with fresh sage leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:71.03, Glycemic Load:3.64, Inflammation Score:0, Nutrition Score:32.948695846226%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Luteolin: 0.09mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

Nutrients (% of daily need)

Calories: 436.8kcal (21.84%), Fat: 16.59g (25.53%), Saturated Fat: 2.64g (16.47%), Carbohydrates: 52.12g (17.37%), Net Carbohydrates: 46.32g (16.85%), Sugar: 16.83g (18.7%), Cholesterol: 85.61mg (28.54%), Sodium: 1840.78mg (80.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.01g (46.02%), Copper: 2.63mg (131.34%), Vitamin A: 6029.04IU (120.58%), Vitamin B6: 0.87mg (43.45%), Selenium: 30.4µg (43.43%), Manganese: 0.86mg (42.83%),

Vitamin B3: 8.26mg (41.32%), Vitamin C: 31.98mg (38.77%), Potassium: 1288.68mg (36.82%), Vitamin B2: 0.6mg (35.05%), Phosphorus: 325.79mg (32.58%), Vitamin B1: 0.44mg (29.16%), Vitamin B12: 1.68µg (27.93%), Folate: 106.99µg (26.75%), Calcium: 242.55mg (24.25%), Fiber: 5.8g (23.19%), Iron: 3.84mg (21.35%), Magnesium: 75.91mg (18.98%), Vitamin B5: 1.81mg (18.08%), Zinc: 2.39mg (15.93%), Vitamin E: 2.32mg (15.47%), Vitamin K: 15.69µg (14.94%), Vitamin D: 1.13µg (7.54%)