



Roasted Squash Soup with Turkey Croquettes

READY IN



45 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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 less-sodium chicken broth fat-free
- ☐ 1.5 teaspoons sage fresh chopped

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

Equipment

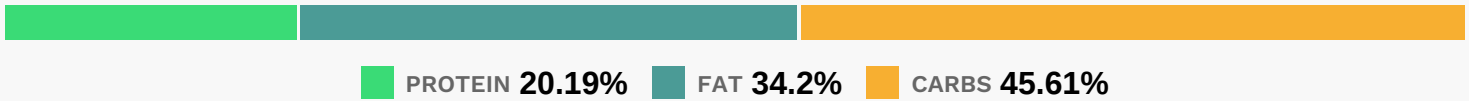
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

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:63.03, Glycemic Load:3.64, Inflammation Score:-10, Nutrition Score:32.696087018303%

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: 441.39kcal (22.07%), Fat: 17.28g (26.58%), Saturated Fat: 3.09g (19.33%), Carbohydrates: 51.85g (17.28%), Net Carbohydrates: 46.06g (16.75%), Sugar: 16.9g (18.78%), Cholesterol: 87.6mg (29.2%), Sodium: 1700.75mg (73.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.96g (45.91%), Copper: 2.63mg (131.48%), Vitamin A: 5966.39IU (119.33%), Selenium: 30.66µg (43.81%), Manganese: 0.86mg (43.01%), Vitamin B6: 0.85mg (42.71%), Vitamin B3: 8.25mg (41.25%), Vitamin C: 32.12mg (38.93%), Vitamin B2: 0.63mg (36.81%), Potassium: 1275.69mg (36.45%), Phosphorus: 318.43mg (31.84%), Vitamin B1: 0.43mg (28.36%), Folate: 108.98µg (27.24%), Vitamin B12: 1.62µg (27.04%), Calcium: 238.36mg (23.84%), Fiber: 5.79g (23.17%), Iron: 3.85mg (21.4%), Magnesium: 75.2mg

(18.8%), Vitamin B5: 1.8mg (18.05%), Zinc: 2.42mg (16.15%), Vitamin E: 2.33mg (15.52%), Vitamin K: 15.71µg (14.97%),
Vitamin D: 0.4µg (2.66%)