

  
54%  
HEALTH SCORE

## Roasted Vegetable Soup

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



819 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 6 ounces brioche loaf
- 2 pounds butternut squash peeled seeded
- 1 pound carrots peeled
- 3 cups chicken stock see homemade
- 2 tablespoons flat-leaf parsley fresh chopped
- 0.3 teaspoon kosher salt

- 1.5 teaspoons kosher salt
- 4 servings kosher salt and pepper black freshly ground
- 1 tablespoon olive oil good
- 3 tablespoons olive oil good
- 4 servings olive oil good
- 1 pound parsnips peeled
- 1 large sweet potatoes and into peeled
- 1 preheat the oven degrees f

## Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- pot
- ziploc bags
- spatula
- immersion blender

## Directions

- In a large saucepan, heat 3 cups of chicken stock. Coarsely puree the Roasted Winter Vegetables and the chicken stock in the bowl of a food processor fitted with the steel blade (or use a handheld blender).
- Pour the soup back into the pot and season, to taste. Thin with more chicken stock and reheat. The soup should be thick but not like a vegetable puree, so add more chicken stock and/or water until it's the consistency you like.
- Serve with Brioche Croutons and a drizzle of good olive oil.
- Preheat the oven to 425 degrees F.

- Cut the carrots, parsnips, sweet potato, and butternut squash in 1 to 1 1/4-inch cubes. All the vegetables will shrink while baking, so don't cut them too small.
- Place all the cut vegetables in a single layer on 2 sheet pans.
- Drizzle them with olive oil, salt, and pepper. Toss well.
- Bake for 25 to 35 minutes, until all the vegetables are tender, turning once with a metal spatula.
- Sprinkle with parsley, season to taste, and serve hot.
- Slice the bread about 3/4-inch thick.
- Cut off the crusts and then cut the slices in 3/4-inch dice. You should have 3 to 4 cups of croutons.
- Place the croutons on a sheet pan and toss them with the olive oil, salt, and pepper.
- Bake for 10 to 15 minutes, tossing once, until they're nicely browned on all sides. Cool to room temperature before using and store in a sealed plastic bag.

## Nutrition Facts

**PROTEIN 7.56%** **FAT 43.29%** **CARBS 49.15%**

### Properties

Glycemic Index:71.21, Glycemic Load:19.83, Inflammation Score:-10, Nutrition Score:40.661738934724%

### Flavonoids

Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

### Nutrients (% of daily need)

Calories: 819.28kcal (40.96%), Fat: 40.89g (62.91%), Saturated Fat: 10.09g (63.07%), Carbohydrates: 104.43g (34.81%), Net Carbohydrates: 88.28g (32.1%), Sugar: 22.3g (24.78%), Cholesterol: 80.13mg (26.71%), Sodium: 1616.3mg (70.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.07g (32.13%), Vitamin A: 55652.23IU (1113.04%), Vitamin C: 78.66mg (95.34%), Vitamin K: 95.2µg (90.67%), Manganese: 1.53mg (76.65%), Vitamin E: 10.03mg (66.87%), Fiber: 16.15g (64.59%), Potassium: 2089.79mg (59.71%), Folate: 180.22µg (45.05%), Vitamin B6: 0.9mg (44.91%), Vitamin B3: 7.98mg (39.89%), Magnesium: 153.79mg (38.45%), Vitamin B1: 0.54mg (35.68%), Copper: 0.59mg (29.26%), Phosphorus: 285.41mg (28.54%), Vitamin B5: 2.59mg (25.91%), Calcium: 247.79mg (24.78%), Iron: 4.25mg (23.6%), Vitamin B2: 0.38mg (22.08%), Zinc: 1.82mg (12.12%), Selenium: 7.78µg (11.12%)