



Sherried squash soup



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



210 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large onion halved
- ☐ 4 tbsp cooking sherry dry (fino)
- ☐ 1 kg butternut squash peeled deseeded chopped
- ☐ 600 ml vegetable stock hot (we like Marigold)
- ☐ 1 leaf seed bread croûtons and flat parsley
- ☐ 2 tbsp olive oil

Equipment

- ☐ food processor

☐ knife

Directions

- ☐ Fry the onion in the oil for 5 mins until softened.
- ☐ Add the sherry and squash and sizzle for 1–2 mins.
- ☐ Pour in the stock, then cover and simmer for 20 mins until the squash is tender when pierced with a knife.
- ☐ Whizz in a food processor until smooth. Will keep in the fridge for 2 days, or freeze for 6 weeks. When ready to eat, reheat until bubbling and serve in small portions topped with seed-bread crotons (see above right) and a parsley sprig.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:19.20130428024%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg

Nutrients (% of daily need)

Calories: 209.82kcal (10.49%), Fat: 7.29g (11.22%), Saturated Fat: 1.03g (6.47%), Carbohydrates: 35.16g (11.72%), Net Carbohydrates: 29.52g (10.73%), Sugar: 8.5g (9.44%), Cholesterol: 0mg (0%), Sodium: 609.7mg (26.51%), Alcohol: 1.54g (100%), Alcohol %: 0.43% (100%), Protein: 2.95g (5.89%), Vitamin A: 26893.11IU (537.86%), Vitamin C: 55.28mg (67%), Vitamin E: 4.62mg (30.77%), Manganese: 0.57mg (28.61%), Potassium: 945.77mg (27.02%), Magnesium: 90.32mg (22.58%), Fiber: 5.64g (22.57%), Vitamin B6: 0.44mg (21.88%), Folate: 74.83µg (18.71%), Vitamin B1: 0.27mg (17.91%), Vitamin B3: 3.07mg (15.33%), Calcium: 130.26mg (13.03%), Iron: 1.91mg (10.62%), Vitamin B5: 1.05mg (10.54%), Copper: 0.2mg (9.78%), Phosphorus: 96.32mg (9.63%), Vitamin K: 7.17µg (6.83%), Vitamin B2: 0.06mg (3.68%), Zinc: 0.46mg (3.06%), Selenium: 1.45µg (2.08%)