



Spiced Butternut Squash-and-Pear Soup Shooters

 Vegetarian  Gluten Free

READY IN



73 min.

SERVINGS



20

CALORIES



38 kcal

SOUP

Ingredients

- 1 firm-ripe anjou pear peeled quartered
- 0.3 teaspoon pepper black freshly ground
- 1 pound butternut squash cubed peeled seeded
- 2 tablespoons cooking wine dry white
- 2 garlic cloves minced
- 0.1 teaspoon ground ginger
- 1 tablespoon heavy cream

- 2.5 cups chicken broth low-sodium
- 0.5 teaspoon sea salt
- 2 large shallots peeled halved
- 2 tablespoons vegetable oil

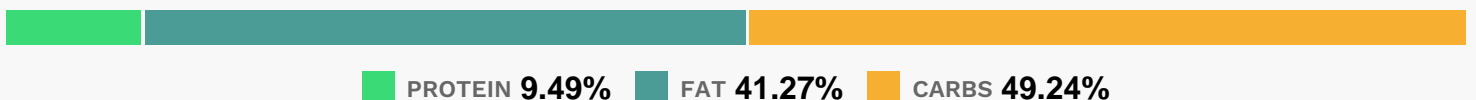
Equipment

- frying pan
- sauce pan
- ladle
- oven
- sieve
- blender

Directions

- Preheat oven to 400°F.
- Gently toss first 3 ingredients with oil; season with sea salt and pepper, and place in a jelly-roll pan.
- Bake 35 minutes or until tender and browned.
- Add garlic, ginger, and garam masala, if desired, and toss well; bake 5 more minutes.
- Pour wine over squash mixture, stirring to deglaze pan.
- Let stand 10 minutes.
- Transfer to a blender; add broth (in batches, if necessary), and puree until smooth. (For smoothest texture, press squash puree through a wire-mesh strainer, discarding solids.)
- Transfer puree to a large saucepan, and stir in cream. Cook over medium heat 3 to 5 minutes or until heated through. Season with salt and pepper to taste. Ladle into cordial glasses, and garnish with pumpkin seeds, if desired.

Nutrition Facts



Properties

Glycemic Index:7.19, Glycemic Load:0.53, Inflammation Score:-9, Nutrition Score:4.1234783303478%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 38.15kcal (1.91%), Fat: 1.85g (2.84%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.14g (1.5%), Sugar: 1.64g (1.82%), Cholesterol: 0.85mg (0.28%), Sodium: 68.62mg (2.98%), Alcohol: 0.15g (100%), Alcohol %: 0.29% (100%), Protein: 0.96g (1.91%), Vitamin A: 2424.36IU (48.49%), Vitamin C: 5.44mg (6.6%), Potassium: 127.37mg (3.64%), Manganese: 0.07mg (3.58%), Vitamin B3: 0.7mg (3.51%), Fiber: 0.82g (3.3%), Vitamin K: 3.24µg (3.08%), Vitamin E: 0.46mg (3.05%), Vitamin B6: 0.05mg (2.7%), Magnesium: 9.5mg (2.38%), Copper: 0.04mg (2.12%), Phosphorus: 20.13mg (2.01%), Folate: 7.66µg (1.91%), Vitamin B1: 0.03mg (1.74%), Iron: 0.28mg (1.57%), Calcium: 15.13mg (1.51%), Vitamin B2: 0.02mg (1.07%), Vitamin B5: 0.11mg (1.07%)