



Spicy Roasted Squash Soup with Pumpkin Seed Pesto

 Vegetarian

READY IN



1500 min.

SERVINGS



16

CALORIES



255 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 lb butternut squash halved lengthwise seeded
- ☐ 7 cups chicken broth
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 tablespoons jalapeno fresh chopped
- ☐ 1 tablespoon juice of lemon fresh to taste
- ☐ 16 servings pumpkin seeds
- ☐ 0.3 cup butter unsalted softened

- ☐ 5 cups water for thinning
- ☐ 15 slices sandwich bread white firm

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ wax paper

Directions

- ☐ Preheat oven to 400°F.
- ☐ Trim and discard crusts from bread.
- ☐ Spread 1 side of each slice evenly with butter and season with salt and pepper. Halve slices diagonally to form triangles and arrange, buttered sides up, on a baking sheet. Toast bread, turning once, in middle of oven until golden brown, about 4 minutes.
- ☐ Transfer toasts to a rack to cool.
- ☐ Put squash, cut sides down, in 2 greased shallow baking pans and roast in upper and lower thirds of oven, switching position of pans halfway through roasting, until very tender, about 1 1/4 hours. Cool and scoop out flesh.
- ☐ Purée squash in batches in a blender with jalapeño, cumin, and broth until very smooth (add additional water as needed to facilitate puréeing).
- ☐ Transfer to a 6- to 8-quart heavy pot and stir in 5 cups water. Simmer, stirring, 10 minutes, then stir in lemon juice, enough water to thin to desired consistency, and salt and pepper to taste.
- ☐ Serve soup in bowls topped with slices of toast spread with pesto.
- ☐ • Toasts may be made 2 days ahead, cooled completely, and kept between layers of paper towels or wax paper in an airtight container at room temperature. • Squash purée may be

made 2 days ahead. Cool completely, then chill, covered.

Nutrition Facts



Properties

Glycemic Index:7.61, Glycemic Load:8.24, Inflammation Score:-10, Nutrition Score:26.357391255057%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 254.64kcal (12.73%), Fat: 4.8g (7.38%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 52.07g (17.36%), Net Carbohydrates: 44.61g (16.22%), Sugar: 9.28g (10.31%), Cholesterol: 9.68mg (3.23%), Sodium: 511.26mg (22.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.28%), Vitamin A: 36270.54IU (725.41%), Vitamin C: 73.5mg (89.09%), Manganese: 0.92mg (46.22%), Potassium: 1259.04mg (35.97%), Vitamin E: 5.15mg (34.34%), Magnesium: 130.48mg (32.62%), Vitamin B1: 0.49mg (32.34%), Fiber: 7.46g (29.83%), Folate: 119.13µg (29.78%), Vitamin B6: 0.55mg (27.69%), Vitamin B3: 5.5mg (27.5%), Calcium: 221.78mg (22.18%), Iron: 3.42mg (18.98%), Copper: 0.32mg (15.86%), Phosphorus: 157.11mg (15.71%), Vitamin B5: 1.51mg (15.13%), Vitamin B2: 0.19mg (11.13%), Selenium: 7.69µg (10.99%), Zinc: 0.89mg (5.9%), Vitamin K: 4.38µg (4.17%)