



Squash and Lentil Bisque

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium acorn squash cooked chopped
- ☐ 2 cups apple green chopped
- ☐ 1 medium onion red chopped
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 1 cup apple juice
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 14 ounces vegetable stock canned

- ☐ 4 ounces lentils dried rinsed
- ☐ 3 ounces mozzarella cheese shredded reduced-fat
- ☐ 6 slices bread french
- ☐ 1 serving onion red chopped

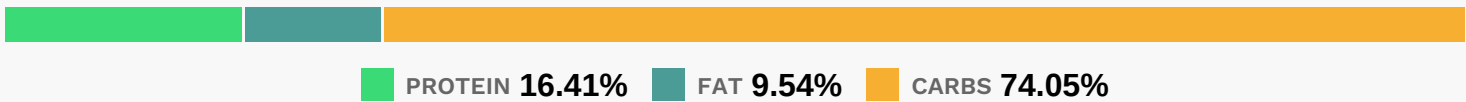
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ broiler pan

Directions

- ☐ Heat squash, apples, onion, applesauce, apple juice, nutmeg, red pepper and 1 cup of the broth to boiling in 3-quart saucepan, stirring occasionally; reduce heat. Cover and simmer 20 minutes.
- ☐ Place squash mixture in blender or food processor. Cover and blend on medium speed until smooth; return mixture to saucepan. Stir in lentils and remaining broth.
- ☐ Heat to boiling; reduce heat. Cover and simmer 25 to 30 minutes, stirring occasionally, until lentils are tender.
- ☐ Set oven control to broil.
- ☐ Sprinkle cheese on bread slices.
- ☐ Place on rack in broiler pan. Broil bread with tops 3 inches from heat about 2 minutes or until cheese is bubbly. Top each serving of soup with slice of cheese bread and chopped onion.

Nutrition Facts



Properties

Glycemic Index:63.14, Glycemic Load:31.34, Inflammation Score:-8, Nutrition Score:22.79347851095%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 6.18mg, Epicatechin: 6.18mg, Epicatechin: 6.18mg, Epicatechin: 6.18mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 398.36kcal (19.92%), Fat: 4.36g (6.71%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 76.13g (25.38%), Net Carbohydrates: 65g (23.64%), Sugar: 15.48g (17.2%), Cholesterol: 9.07mg (3.02%), Sodium: 746.66mg (32.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.87g (33.75%), Vitamin B1: 0.86mg (57.15%), Folate: 202.14µg (50.54%), Manganese: 0.92mg (45.85%), Fiber: 11.13g (44.52%), Selenium: 22.88µg (32.68%), Iron: 5.17mg (28.75%), Phosphorus: 286.55mg (28.66%), Potassium: 908.46mg (25.96%), Vitamin C: 21.2mg (25.69%), Magnesium: 100.5mg (25.12%), Vitamin B2: 0.4mg (23.66%), Vitamin B3: 4.72mg (23.6%), Vitamin B6: 0.47mg (23.29%), Calcium: 215.28mg (21.53%), Copper: 0.33mg (16.29%), Vitamin A: 790.49IU (15.81%), Zinc: 2.23mg (14.85%), Vitamin B5: 1.29mg (12.92%), Vitamin K: 2.78µg (2.65%), Vitamin E: 0.38mg (2.51%), Vitamin B12: 0.12µg (1.94%)