



Squash Soup



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



302 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings butter melted for brushing
- ☐ 6 cups inch wide chunks butternut squash seeded (2 large squash)
- ☐ 1 teaspoon ginger minced
- ☐ 4 ounces heavy cream
- ☐ 4 tablespoons honey
- ☐ 1 tablespoon kosher salt
- ☐ 0.3 teaspoon nutmeg
- ☐ 3 cups vegetable stock

☐ 1 teaspoon pepper white freshly ground

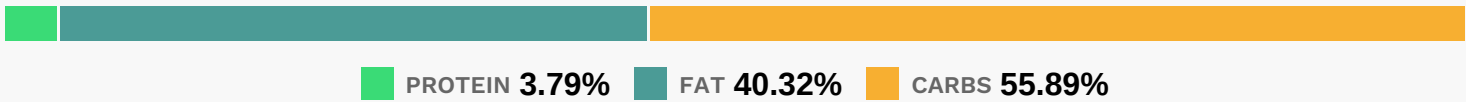
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Brush the flesh of the squash with a little butter and season with 1 tablespoon salt and 1 teaspoon freshly ground white pepper. On a sheet pan lay the squash flesh side up. Roast for about 30 to 35 minutes or until the flesh is nice and soft.
- ☐ Scoop the flesh from the skin into a pot and add the stock, honey, and ginger. Bring to a simmer and puree using a stick blender. Stir in the heavy cream and return to a low simmer. Season with salt, pepper, and nutmeg.

Nutrition Facts



Properties

Glycemic Index:58.07, Glycemic Load:10.08, Inflammation Score:-10, Nutrition Score:16.783478223759%

Nutrients (% of daily need)

Calories: 301.93kcal (15.1%), Fat: 14.56g (22.4%), Saturated Fat: 9.17g (57.32%), Carbohydrates: 45.41g (15.14%), Net Carbohydrates: 41g (14.91%), Sugar: 24.23g (26.93%), Cholesterol: 42.78mg (14.26%), Sodium: 2498.26mg (108.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Vitamin A: 23240.23IU (464.8%), Vitamin C: 44.51mg (53.95%), Manganese: 0.47mg (23.6%), Vitamin E: 3.4mg (22.68%), Potassium: 781.49mg (22.33%), Magnesium: 74.84mg (18.71%), Fiber: 4.41g (17.64%), Vitamin B6: 0.34mg (17%), Folate: 58.6µg (14.65%), Vitamin B1: 0.22mg (14.44%), Vitamin B3: 2.57mg (12.86%), Calcium: 124.69mg (12.47%), Iron: 1.68mg (9.34%), Vitamin B5: 0.93mg (9.33%), Phosphorus: 89.1mg (8.91%), Copper: 0.17mg (8.51%), Vitamin B2: 0.11mg (6.23%), Vitamin K: 3.57µg (3.4%), Selenium: 2.14µg (3.06%), Vitamin D: 0.45µg (3.02%), Zinc: 0.45mg (2.99%)