



Squash Soup in Pumpkin Bowls

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings sourdough and/or pumpernickel croutons
- 4 servings fried onions
- 3 tablespoons heavy cream
- 4 servings kosher salt
- 2 pounds kuri squash peeled cut into 1-inch pieces
- 0.5 small onion chopped
- 4 servings paprika spanish
- 4 servings parsley leaves

- 4 servings pepitas green hulled (pumpkin seeds)
- 4 servings pepper freshly ground
- 4 servings pancetta crisp
- 1 teaspoon sugar
- 2 teaspoons sugar
- 4 small dumpling squash sweet (such as hooligan or sugar pie)
- 2 sprigs thyme leaves
- 3 tablespoons butter unsalted

Equipment

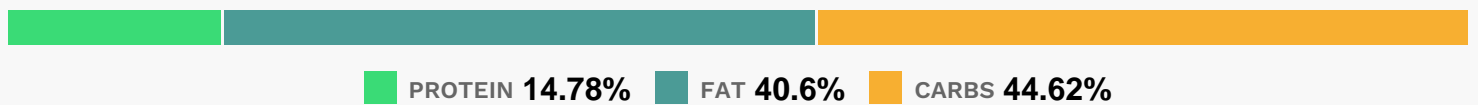
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- pot
- blender
- immersion blender

Directions

- Make the bowls: Preheat the oven to 400 degrees F. Use a paring knife to cut a large circle around the stem of each pumpkin (make a zigzag cut, if desired).
- Remove the lid and scoop out the seeds and fibers.
- Sprinkle the inside of each with 1/2 teaspoon each sugar and salt.
- Place the pumpkins and lids on a baking sheet; roast until tender, 20 to 35 minutes, depending on their size.
- Meanwhile, make the soup: Melt the butter in a large saucepan over low heat.

- Add the onion and 1 teaspoon salt. Strip the thyme leaves into the pot, increase the heat to medium and cook, stirring occasionally, until the onion is soft, about 5 minutes.
- Add the squash and sugar and cook, stirring, until glazed, 3 to 4 minutes.
- Add 5 cups water and bring to a boil. Reduce the heat to low and simmer, uncovered, until the squash is tender, 15 to 20 minutes.
- Working in batches, transfer the soup to a blender, crack the lid to let steam escape and puree until smooth; return to the saucepan (or puree directly in the pan with an immersion blender). Stir in the heavy cream, if desired. Season with salt and pepper, and top as desired.
- Photograph by Steve Giralt

Nutrition Facts



Properties

Glycemic Index:89.55, Glycemic Load:2.85, Inflammation Score:-10, Nutrition Score:25.394782672758%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 356.68kcal (17.83%), Fat: 17.52g (26.95%), Saturated Fat: 8.97g (56.07%), Carbohydrates: 43.31g (14.44%), Net Carbohydrates: 35.76g (13%), Sugar: 13.24g (14.71%), Cholesterol: 50.3mg (16.77%), Sodium: 815.76mg (35.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.35g (28.7%), Vitamin A: 7189.33IU (143.79%), Vitamin C: 59.12mg (71.66%), Vitamin K: 73.75µg (70.24%), Potassium: 1587.73mg (45.36%), Manganese: 0.82mg (40.85%), Vitamin B6: 0.73mg (36.33%), Fiber: 7.55g (30.22%), Folate: 113.16µg (28.29%), Iron: 3.65mg (20.3%), Vitamin B2: 0.32mg (18.85%), Magnesium: 73.53mg (18.38%), Copper: 0.35mg (17.67%), Calcium: 146.86mg (14.69%), Phosphorus: 131.77mg (13.18%), Vitamin B3: 2.54mg (12.72%), Vitamin E: 1.67mg (11.16%), Vitamin B1: 0.15mg (10.13%), Vitamin B5: 0.9mg (8.99%), Zinc: 1.17mg (7.8%), Selenium: 3.09µg (4.41%), Vitamin D: 0.34µg (2.25%)