



Superb Squash Soup with the Best Parmesan Croutons

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



519 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 carrots peeled chopped
- ☐ 2 sticks celery trimmed chopped
- ☐ 16 slices ciabatta bread
- ☐ 2 sprigs rosemary fresh leaves picked
- ☐ 16 sage leaves fresh
- ☐ 4 cloves garlic peeled chopped
- ☐ 4.3 pounds musque de provence halved deseeded cut into chunks

- ☐ 8 servings olive oil
- ☐ 8 servings olive oil extra-virgin
- ☐ 1 parmesan chunk for grating
- ☐ 0.5 chile fresh red seeded finely chopped to taste
- ☐ 2 onions red peeled chopped
- ☐ 8 servings sea salt and pepper black freshly ground
- ☐ 2 quarts vegetable stock

Equipment

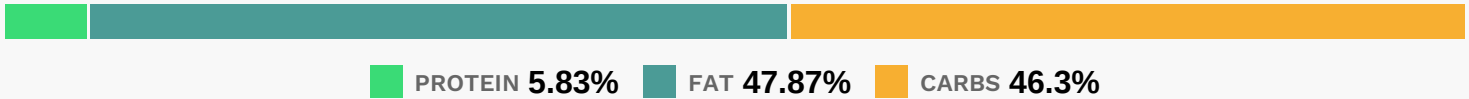
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ blender
- ☐ slotted spoon
- ☐ immersion blender

Directions

- ☐ Put a very large saucepan on a medium heat and pour in a couple of glugs of olive oil.
- ☐ Add the sage leaves and fry for around 30 seconds or until dark green and crisp. Quickly remove them with a slotted spoon to a bowl lined with paper towels – you'll use these for sprinkling over at the end. In the pan you'll be left with a beautifully flavored oil, so put it back on the heat and throw in your onion, celery, carrot, garlic, rosemary leaves, chile and a good pinch of salt and pepper. Cook gently for about 10 minutes until the vegetables are sweet and soft.
- ☐ Add the squash and the stock to the pan, bring to the boil and simmer for around 30 minutes.
- ☐ While the soup is cooking, make your croutons.
- ☐ Drizzle a little olive oil over the ciabatta slices, and press some grated Parmesan onto each side.
- ☐ Place in a non-stick pan without any oil and fry until golden on both sides.

- ☐
- When the squash is soft and cooked through, whiz the soup with an immersion blender or pour it into a standard blender and pulse until you have a smooth puree* (but you can leave it slightly chunky if you like). Most importantly, remember to taste and season it until it's perfect. Divide the soup between your bowls, placing 2 croutons on top of each.
- ☐
- Sprinkle with a few of your crispy sage leaves and drizzle with a swirl of good-quality extra-virgin olive oil.

Nutrition Facts



Properties

Glycemic Index:35.6, Glycemic Load:2.7, Inflammation Score:-10, Nutrition Score:22.069565152264%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg 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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 518.93kcal (25.95%), Fat: 28.78g (44.27%), Saturated Fat: 4.19g (26.17%), Carbohydrates: 62.62g (20.87%), Net Carbohydrates: 56.02g (20.37%), Sugar: 9.5g (10.56%), Cholesterol: 0.09mg (0.03%), Sodium: 1253.12mg (54.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.78%), Vitamin A: 28741.43IU (574.83%), Vitamin C: 58.36mg (70.74%), Vitamin E: 7.66mg (51.05%), Manganese: 0.61mg (30.29%), Potassium: 980.48mg (28.01%), Fiber: 6.6g (26.39%), Vitamin K: 25.14µg (23.95%), Vitamin B6: 0.47mg (23.29%), Copper: 0.45mg (22.51%), Magnesium: 89.02mg (22.25%), Folate: 77.53µg (19.38%), Vitamin B1: 0.27mg (18.08%), Vitamin B3: 3.15mg (15.76%), Calcium: 136.95mg (13.69%), Iron: 2.04mg (11.35%), Vitamin B5: 1.08mg (10.81%), Phosphorus: 99.81mg (9.98%), Vitamin B2: 0.08mg (4.41%), Zinc: 0.49mg (3.26%), Selenium: 1.66µg (2.37%)