



WHATSheATE



HEALTH SCORE

81%

Winter Squash Soup with Fried Sage Leaves



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



332 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 garlic clove unpeeled
- ☐ 0.3 cup olive oil for the squash
- ☐ 2 onion finely chopped
- ☐ 0.3 cup parsley chopped
- ☐ 4 servings pepper
- ☐ 0.5 cup pecorino diced
- ☐ 12 sage whole chopped
- ☐ 4 servings salt

- ☐ 1 leaves thyme sprigs dried chopped
- ☐ 2 quarts water
- ☐ 2.5 pounds winter squash

Equipment

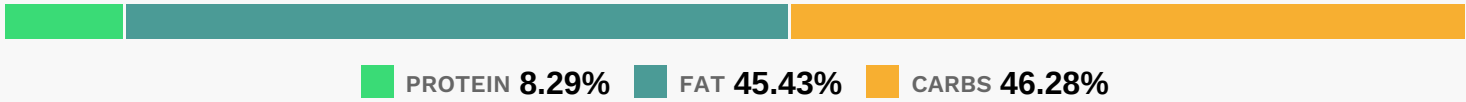
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ ladle
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat the oven to 375° F. Halve the squash and scoop out the seeds.
- ☐ Brush the surfaces with oil, stuff the cavities with the garlic, and place them cut sides down on a baking sheet.
- ☐ Bake until tender when pressed with a finger, about 30 minutes.
- ☐ Meanwhile, in a small skillet, heat the 1/4 cup oil until nearly smoking, then drop in the whole sage leaves and fry until speckled and dark, about 1 minute. Set the leaves aside on a paper towel and transfer the oil to a wide soup pot.
- ☐ Add the onions, chopped sage, thyme, and parsley and cook over medium heat until the onions have begun to brown around the edges, 12 to 15 minutes. Scoop the squash flesh into the pot along with any juices that have accumulated in the pan. Peel the garlic and add it to the pot along with 1 1/2 teaspoons salt and the water and bring to a boil. Lower the heat and simmer, partially covered, for 25 minutes. If the soup becomes too thick, simply add more water to thin it out. Taste for salt.
- ☐ Depending on the type of squash you've used, the soup will be smooth or rough. Puree or pass it through a food mill if you want a more refined soup. Ladle it into bowls and distribute the cheese over the top.
- ☐ Garnish each bowl with the fried sage leaves, add pepper, and serve.

- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:1.87, Inflammation Score:-10, Nutrition Score:28.112173988767%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg

Nutrients (% of daily need)

Calories: 331.59kcal (16.58%), Fat: 17.93g (27.58%), Saturated Fat: 4.53g (28.33%), Carbohydrates: 41.09g (13.7%), Net Carbohydrates: 34.2g (12.44%), Sugar: 8.73g (9.7%), Cholesterol: 15.81mg (5.27%), Sodium: 260.21mg (11.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Vitamin A: 30603.32IU (612.07%), Vitamin C: 70.4mg (85.33%), Vitamin K: 73.55µg (70.04%), Vitamin E: 6.1mg (40.69%), Manganese: 0.76mg (37.82%), Copper: 0.7mg (34.93%), Potassium: 1153.12mg (32.95%), Vitamin B6: 0.58mg (28.81%), Magnesium: 113.81mg (28.45%), Fiber: 6.89g (27.57%), Calcium: 242.92mg (24.29%), Folate: 96.68µg (24.17%), Vitamin B1: 0.33mg (21.71%), Vitamin B3: 3.58mg (17.92%), Phosphorus: 168.01mg (16.8%), Iron: 2.67mg (14.84%), Vitamin B5: 1.31mg (13.12%), Selenium: 6.84µg (9.77%), Vitamin B2: 0.14mg (8.36%), Zinc: 1.03mg (6.84%), Vitamin B12: 0.11µg (1.76%)