

 15%  
HEALTH SCORE

## Winter Squash Soup with Gruyère Croutons

READY IN



45 min.

SERVINGS



8

CALORIES



251 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1.5 pounds acorn squash peeled
- 24.3 inch bread
- 2 tablespoons butter ()
- 1.5 pounds butternut squash peeled
- 1 teaspoon sage fresh minced
- 1 teaspoon thyme sprigs fresh minced
- 4 large garlic clove chopped
- 1 cup gruyere cheese grated
- 43.5 ounce chicken broth canned

- 1 large onion finely chopped
- 2 teaspoons sugar
- 0.3 cup whipping cream

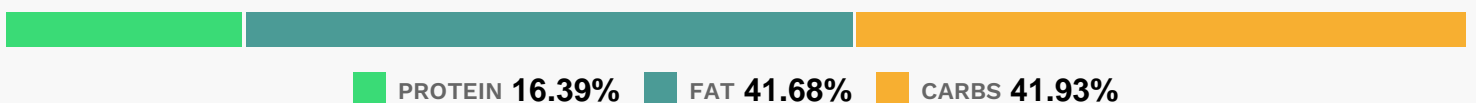
## Equipment

- bowl
- baking sheet
- ladle
- pot
- blender
- broiler

## Directions

- Melt butter in large pot over medium heat.
- Add onion and garlic and sauté until tender, about 10 minutes.
- Add broth, all squash and herbs; bring to boil. Reduce heat, cover and simmer until squash is very tender, about 20 minutes.
- Working in batches, puree soup in blender. Return soup to same pot. Stir in cream and sugar; bring to simmer. Season with salt and pepper. (Can be made 1 day ahead. Chill. Rewarm over medium heat before serving.)
- Preheat broiler. Butter 1 side of each bread slice. Arrange bread, buttered side up, on baking sheet. Broil until golden, about 1 minute. Turn over.
- Sprinkle cheese, then thyme and sage over.
- Sprinkle with salt and pepper. Broil until cheese melts, about 1 minute. Ladle soup into bowls. Top each with croutons and serve.

## Nutrition Facts



## Properties

Glycemic Index:35.09, Glycemic Load:3.2, Inflammation Score:-10, Nutrition Score:19.494347852209%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

## Nutrients (% of daily need)

Calories: 250.78kcal (12.54%), Fat: 12.34g (18.99%), Saturated Fat: 7.01g (43.82%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 24.24g (8.82%), Sugar: 4.6g (5.11%), Cholesterol: 34.08mg (11.36%), Sodium: 231.99mg (10.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.84%), Vitamin A: 9718.55IU (194.37%), Copper: 0.98mg (49.19%), Vitamin C: 29.53mg (35.8%), Calcium: 266.77mg (26.68%), Manganese: 0.49mg (24.35%), Phosphorus: 227.93mg (22.79%), Potassium: 795.18mg (22.72%), Vitamin B3: 4.22mg (21.09%), Magnesium: 70.44mg (17.61%), Vitamin B1: 0.26mg (17.32%), Vitamin B6: 0.34mg (17.2%), Fiber: 3.69g (14.75%), Folate: 49.74µg (12.43%), Iron: 1.96mg (10.92%), Vitamin E: 1.44mg (9.6%), Vitamin B2: 0.16mg (9.46%), Vitamin B5: 0.89mg (8.92%), Selenium: 6.03µg (8.62%), Zinc: 1.2mg (7.97%), Vitamin B12: 0.44µg (7.27%), Vitamin K: 2.34µg (2.23%), Vitamin D: 0.22µg (1.45%)