



 **69%**  
HEALTH SCORE

# Winter Squash Soup with Sage

 Vegetarian  Gluten Free  Very Healthy

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**235 kcal**

**SOUP** **ANTIPASTI** **STARTER** **SNACK**

## Ingredients

- 0.5 cup fontina diced
- 1 tablespoon sage leaves fresh chopped
- 18 sage leaves fresh ()
- 0.8 teaspoon thyme leaves dried fresh
- 6 cloves garlic unpeeled
- 2 tablespoons olive oil
- 12 oz onions unpeeled cut in half
- 0.3 cup parsley chopped

- 6 servings bell pepper
- 6 servings salt
- 4 cups vegetable broth
- 2.8 pounds winter squash

## Equipment

- bowl
- frying pan
- paper towels
- oven
- potato masher
- slotted spoon

## Directions

- Pour oil into a 6- to 8-inch frying pan over medium-high heat. When hot, add whole sage leaves and stir until they turn darker green, 45 seconds to 1 minute. With a slotted spoon, lift out leaves and drain on paper towels. Reserve oil.
- Rinse squash and, if whole, cut in half and scoop out and discard seeds.
- Brush cut surfaces of squash and onions with a little of the reserved oil.
- Lay vegetables, cut side down, in a 10- by 15-inch pan. Slip garlic under squash.
- Bake in a 375 oven until all vegetables are soft when pressed, 45 to 60 minutes. Reserve juices. Scoop squash from skin. Peel and chop onions. Peel garlic. Discard skin and peels.
- In a 3- to 4-quart pan, combine squash, onions, garlic, parsley, chopped sage, and thyme. Mash squash mixture with a potato masher. Stir in reserved juices and broth. Stirring often, bring to a boil over high heat. Cover, reduce heat to low, and stir occasionally to blend flavors, 15 to 20 minutes.
- Add the remaining sage cooking oil and season soup with salt to taste. Before serving, distribute cheese equally among individual bowls.
- Add soup, top with fried sage, and sprinkle with pepper.

## Nutrition Facts



■ PROTEIN 10.32% ■ FAT 30.6% ■ CARBS 59.08%

## Properties

Glycemic Index:39.67, Glycemic Load:3.37, Inflammation Score:-10, Nutrition Score:29.421304430651%

## Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 11.74mg, Quercetin: 11.74mg, Quercetin: 11.74mg, Quercetin: 11.74mg

## Nutrients (% of daily need)

Calories: 234.73kcal (11.74%), Fat: 8.67g (13.34%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 37.67g (12.56%), Net Carbohydrates: 30.72g (11.17%), Sugar: 11.66g (12.96%), Cholesterol: 12.76mg (4.25%), Sodium: 924.1mg (40.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.16%), Vitamin A: 25090IU (501.8%), Copper: 3.6mg (180.09%), Vitamin C: 147.88mg (179.24%), Vitamin K: 50.31µg (47.91%), Manganese: 0.75mg (37.43%), Vitamin B6: 0.65mg (32.72%), Vitamin E: 4.91mg (32.7%), Potassium: 1011.08mg (28.89%), Fiber: 6.95g (27.79%), Folate: 105.84µg (26.46%), Magnesium: 91.15mg (22.79%), Calcium: 195.96mg (19.6%), Vitamin B1: 0.29mg (19.21%), Vitamin B3: 3.36mg (16.82%), Phosphorus: 149.2mg (14.92%), Iron: 2.32mg (12.91%), Vitamin B5: 1.21mg (12.14%), Vitamin B2: 0.15mg (8.88%), Zinc: 1.07mg (7.11%), Selenium: 3.42µg (4.89%), Vitamin B12: 0.18µg (3.08%)