



American French Onion Soup

READY IN



100 min.

SERVINGS



6

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups beef broth
- 0.3 cup butter melted
- 4 cups chicken broth
- 3 tablespoons cooking sherry dry
- 6 slices bread french
- 3 sprigs thyme leaves fresh
- 6 servings salt and ground pepper black to taste
- 1 cup monterrey jack cheese shredded
- 1 tablespoon sherry vinegar to taste

- 1 cup cheddar cheese shredded extra-sharp
- 6 large onions diced yellow

Equipment

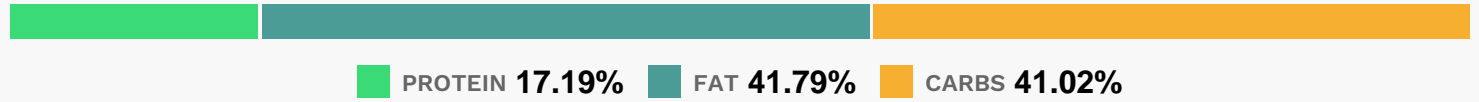
- bowl
- frying pan
- baking sheet
- ladle
- oven
- pot
- wooden spoon
- broiler
- stove

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Melt 1/4 cup butter in a large, oven-safe skillet on medium heat. Stir in onions until they are all coated in butter.
- Transfer skillet to the preheated oven and cook onions, stirring occasionally, until they are tender and well browned, about 1 hour.
- Transfer skillet to the stovetop; cook and stir onions over medium heat until they start to brown and stick to the bottom of the pan, about 5 minutes.
- Pour sherry and vinegar into the pan, and bring to a boil while scraping browned bits of onion off the bottom of the pan with a wooden spoon.
- Place caramelized onions in a large soup pot.
- Pour in chicken broth, beef broth, and thyme. Bring to a boil, skimming off any foam and fat that appear on top. Reduce heat to low and simmer for about an hour. Season with salt and pepper to taste.
- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- Generously brush French bread slices with melted butter.

- Place on a baking sheet and broil in the preheated oven until crisp and golden, about 5 minutes.
- Ladle soup into heat-proof bowls, top each bowl with a piece of toasted bread, sprinkle with 2 to 3 tablespoons of Cheddar cheese and Monterey Jack cheese.
- Broil bowls of soup under the broiler until cheese is golden and bubbly, 5 to 6 minutes.

Nutrition Facts



Properties

Glycemic Index:50.58, Glycemic Load:28.93, Inflammation Score:-9, Nutrition Score:18.263913123504%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg, Quercetin: 30.45mg

Nutrients (% of daily need)

Calories: 476.97kcal (23.85%), Fat: 22.17g (34.11%), Saturated Fat: 12.68g (79.23%), Carbohydrates: 48.96g (16.32%), Net Carbohydrates: 44.91g (16.33%), Sugar: 10.23g (11.36%), Cholesterol: 59.06mg (19.69%), Sodium: 1865.34mg (81.1%), Alcohol: 0.77g (100%), Alcohol %: 0.17% (100%), Protein: 20.52g (41.03%), Selenium: 28.97µg (41.38%), Vitamin B1: 0.57mg (37.93%), Calcium: 362.86mg (36.29%), Vitamin B2: 0.6mg (35.48%), Manganese: 0.65mg (32.61%), Phosphorus: 312.15mg (31.22%), Folate: 118.37µg (29.59%), Vitamin B3: 4.9mg (24.5%), Iron: 3.5mg (19.42%), Fiber: 4.05g (16.21%), Zinc: 2.32mg (15.43%), Vitamin B6: 0.3mg (14.92%), Vitamin C: 11.91mg (14.44%), Magnesium: 52.43mg (13.11%), Potassium: 451.18mg (12.89%), Vitamin A: 600.34IU (12.01%), Copper: 0.2mg (9.81%), Vitamin B12: 0.52µg (8.59%), Vitamin B5: 0.58mg (5.79%), Vitamin E: 0.64mg (4.25%), Vitamin K: 2.83µg (2.69%), Vitamin D: 0.23µg (1.51%)