



Apple French Onion Soup

 Popular

READY IN



180 min.

SERVINGS



4

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 apples julienned peeled
- ☐ 1 cup apple cider
- ☐ 2 bay leaves
- ☐ 1 tablespoon brandy
- ☐ 3 tablespoons butter
- ☐ 3 tablespoons flour
- ☐ 1.5 cup gruyere cheese grated
- ☐ 3 pounds onions sliced

- ☐ 4 servings salt & pepper to taste
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 2 cups vegetable broth
- ☐ 0.5 cup water
- ☐ 1 cup white wine

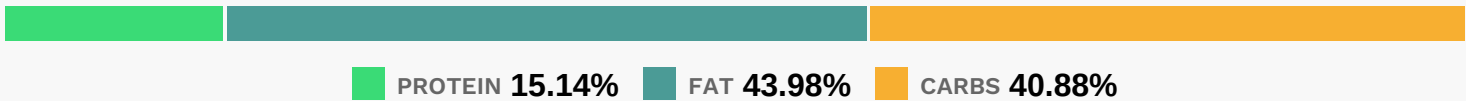
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Melt the butter in a large sauce pan over medium heat.
- ☐ Add the onions and water and cook, covered, until completely tender and caramelized and golden, about 2 hours, adding more water as needed.
- ☐ Add the apple and thyme and cook for a minute.
- ☐ Sprinkle in the flour and cook, stirring, for another minute.
- ☐ Add the wine and deglaze the pan.
- ☐ Add the broth, cider and bay leaves, bring to a boil, reduce the heat and simmer for 30 minutes. Season the soup with salt and pepper and add a splash of brandy. Divide the soup between 4 oven safe bowls, top with the toast followed by the cheese and broil until the cheese is bubbling and golden brown, about 2–3 minutes.

Nutrition Facts



Properties

Glycemic Index:86.19, Glycemic Load:15.39, Inflammation Score:-10, Nutrition Score:18.386956453323%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 6.53mg, Epicatechin: 6.53mg, Epicatechin: 6.53mg, Epicatechin: 6.53mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 17.04mg, Isorhamnetin: 17.04mg, Isorhamnetin: 17.04mg, Isorhamnetin: 17.04mg Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 71.25mg, Quercetin: 71.25mg, Quercetin: 71.25mg, Quercetin: 71.25mg

Nutrients (% of daily need)

Calories: 551.47kcal (27.57%), Fat: 25.07g (38.56%), Saturated Fat: 14.93g (93.33%), Carbohydrates: 52.42g (17.47%), Net Carbohydrates: 45.19g (16.43%), Sugar: 26.61g (29.56%), Cholesterol: 77.03mg (25.67%), Sodium: 1105.84mg (48.08%), Alcohol: 7.43g (100%), Alcohol %: 1.3% (100%), Protein: 19.41g (38.83%), Calcium: 597.86mg (59.79%), Phosphorus: 427.4mg (42.74%), Vitamin C: 28.62mg (34.69%), Manganese: 0.63mg (31.46%), Fiber: 7.23g (28.91%), Vitamin B6: 0.51mg (25.65%), Vitamin A: 1040.74IU (20.81%), Folate: 82.48µg (20.62%), Potassium: 699.62mg (19.99%), Zinc: 2.68mg (17.84%), Vitamin B2: 0.29mg (17.35%), Vitamin B1: 0.25mg (16.96%), Magnesium: 65.67mg (16.42%), Selenium: 11.01µg (15.73%), Vitamin B12: 0.81µg (13.5%), Copper: 0.19mg (9.35%), Vitamin B5: 0.82mg (8.19%), Iron: 1.46mg (8.12%), Vitamin B3: 0.94mg (4.72%), Vitamin K: 4.69µg (4.47%), Vitamin E: 0.54mg (3.61%), Vitamin D: 0.3µg (1.98%)