



Baked Beefy Onion Soup

READY IN



80 min.

SERVINGS



6

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds beef bone marrow
- 3 teaspoons beef bouillon granules
- 4 peppercorns black
- 0.3 cup butter
- 1 medium carrots quartered
- 6 slices bread french (1/)
- 2 sprigs parsley fresh
- 2 large onion thinly sliced
- 6 slices swiss cheese

2 quarts water

Equipment

bowl

frying pan

ladle

oven

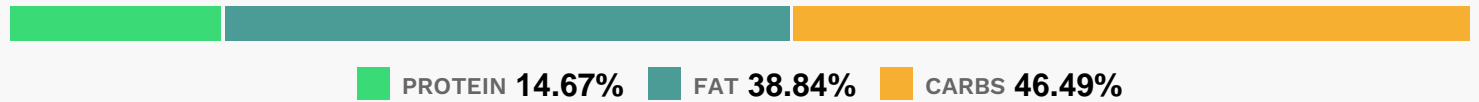
Directions

In a soup kettle, combine the first six ingredients. Bring to a boil over medium-high heat. Reduce heat; cover and simmer for 3 hours. Strain the broth, discarding soup bones, carrot and seasoning; skim fat.

Meanwhile, in a large skillet, saute the onions in butter over medium heat for 30 minutes or until golden brown. Divide the onions among six ovenproof bowls. Ladle about 1 cup broth onto each. Top each with a slice of bread and Swiss cheese.

Bake at 350° for 50–55 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:49.22, Glycemic Load:27.04, Inflammation Score:-9, Nutrition Score:14.287826237471%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg

Nutrients (% of daily need)

Calories: 334.86kcal (16.74%), Fat: 14.61g (22.47%), Saturated Fat: 8.34g (52.12%), Carbohydrates: 39.34g (13.11%), Net Carbohydrates: 36.76g (13.37%), Sugar: 5.71g (6.35%), Cholesterol: 36.19mg (12.06%), Sodium: 742.53mg (32.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.42g (24.83%), Vitamin A: 2105.36IU (42.11%),

Selenium: 24.06µg (34.36%), Vitamin B1: 0.49mg (32.59%), Folate: 92.8µg (23.2%), Manganese: 0.43mg (21.41%), Calcium: 212.52mg (21.25%), Vitamin B2: 0.35mg (20.6%), Phosphorus: 187.66mg (18.77%), Vitamin B3: 3.3mg (16.48%), Iron: 2.71mg (15.06%), Zinc: 1.56mg (10.43%), Fiber: 2.57g (10.28%), Magnesium: 36.43mg (9.11%), Copper: 0.18mg (9.06%), Vitamin B12: 0.54µg (8.99%), Vitamin K: 8.47µg (8.06%), Vitamin B6: 0.16mg (7.86%), Potassium: 201.52mg (5.76%), Vitamin C: 4.74mg (5.75%), Vitamin B5: 0.39mg (3.92%), Vitamin E: 0.54mg (3.57%)