



Basler Mehlsuppa

READY IN



45 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups beef stock
- ☐ 2 tablespoons butter
- ☐ 4 tablespoons flour all-purpose
- ☐ 0.5 cup gruyère cheese shredded
- ☐ 1 cup onion sliced
- ☐ 0.5 cup red wine
- ☐ 4 servings salt and pepper to taste
- ☐ 4 slices bread whole wheat thick

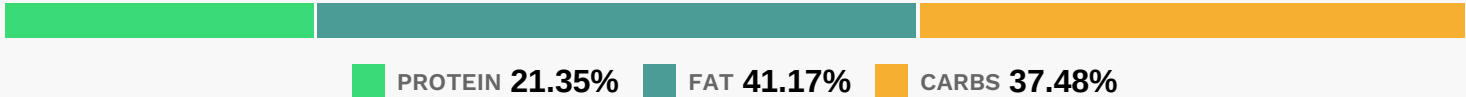
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a heave saucepan over medium heat, heat the flour gently until it begins to turn pale golden brown, stirring constantly.
- ☐ Remove from heat.
- ☐ In another pan, saute onions in butter. When transparent, blend them into the flour. Gradually add the beef stock, the wine and the salt and pepper to taste. Cook gently, stirring frequently, for about 30 minutes.
- ☐ Put a slice of bread in each person's bowl with a good sprinkling of cheese on top.
- ☐ Pour soup into each bowl and serve at once.

Nutrition Facts



Properties

Glycemic Index:59.17, Glycemic Load:12.33, Inflammation Score:-6, Nutrition Score:12.783478247083%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg

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Nutrients (% of daily need)

Calories: 289.45kcal (14.47%), Fat: 12.33g (18.97%), Saturated Fat: 7.03g (43.96%), Carbohydrates: 25.25g (8.42%), Net Carbohydrates: 22.69g (8.25%), Sugar: 4.5g (5%), Cholesterol: 33.2mg (11.07%), Sodium: 960.76mg (41.77%), Alcohol: 3.18g (100%), Alcohol %: 1.09% (100%), Protein: 14.38g (28.77%), Manganese: 0.74mg (37.17%), Phosphorus: 261.86mg (26.19%), Calcium: 246.01mg (24.6%), Selenium: 15.37µg (21.96%), Vitamin B2: 0.37mg (21.79%), Vitamin B3: 3.91mg (19.55%), Vitamin B1: 0.28mg (18.51%), Potassium: 633.61mg (18.1%), Vitamin B6: 0.27mg (13.72%), Magnesium: 53.69mg (13.42%), Zinc: 1.71mg (11.42%), Copper: 0.22mg (10.92%), Iron: 1.97mg (10.92%), Fiber: 2.56g (10.25%), Folate: 40.04µg (10.01%), Vitamin A: 333.59IU (6.67%), Vitamin B12: 0.28µg (4.6%), Vitamin B5: 0.38mg (3.84%), Vitamin C: 2.96mg (3.59%), Vitamin K: 3.66µg (3.49%), Vitamin E: 0.4mg (2.64%)