



## Bistro Onion Soup

READY IN



45 min.

SERVINGS



6

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 4 beef bouillon cubes
- 0.3 cup butter melted
- 4 chicken bouillon cubes
- 0.5 teaspoon sage dried
- 0.5 cup cooking wine dry white
- 2 tablespoons flour all-purpose
- 8 slices bread french toasted diagonally sliced (1/2")
- 8 slices gruyère cheese

- 2 pounds onions sliced
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 5.3 cup water

## Equipment

- bowl
- baking sheet
- ladle
- oven
- dutch oven

## Directions

- Saut onions in butter in a Dutch oven over medium heat 15 minutes or until golden, stirring often. Stir in flour; cook one minute.
- Add water and next 8 ingredients. Bring to a boil; reduce heat and simmer, partially covered 30 minutes. Discard bay leaves.
- Ladle soup into 4 individual oven-proof soup bowls.
- Place on a baking sheet.
- Add 2 bread slices to each bowl and cover with 2 slices cheese. Broil 5 1/2 inches from heat 2 minutes or until cheese is bubbly.
- Serve immediately.

## Nutrition Facts



**PROTEIN 17.14%** **FAT 37.21%** **CARBS 45.65%**

## Properties

Glycemic Index:46.58, Glycemic Load:38.73, Inflammation Score:-8, Nutrition Score:20.59826071366%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg 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: 30.7mg, Quercetin: 30.7mg, Quercetin: 30.7mg, Quercetin: 30.7mg

## Nutrients (% of daily need)

Calories: 552.08kcal (27.6%), Fat: 22.45g (34.54%), Saturated Fat: 12.58g (78.65%), Carbohydrates: 61.97g (20.66%), Net Carbohydrates: 57.42g (20.88%), Sugar: 11.54g (12.83%), Cholesterol: 61.86mg (20.62%), Sodium: 2329.01mg (101.26%), Alcohol: 2.06g (100%), Alcohol %: 0.5% (100%), Protein: 23.27g (46.55%), Vitamin B1: 0.73mg (48.47%), Calcium: 474.36mg (47.44%), Selenium: 33.03µg (47.18%), Phosphorus: 378.49mg (37.85%), Folate: 144.28µg (36.07%), Manganese: 0.72mg (35.87%), Vitamin B2: 0.55mg (32.12%), Vitamin B3: 4.66mg (23.28%), Iron: 4mg (22.24%), Fiber: 4.55g (18.19%), Zinc: 2.68mg (17.88%), Vitamin B6: 0.32mg (16.17%), Magnesium: 63.73mg (15.93%), Vitamin C: 11.24mg (13.62%), Copper: 0.24mg (11.98%), Vitamin A: 596.4IU (11.93%), Potassium: 390.37mg (11.15%), Vitamin B12: 0.65µg (10.8%), Vitamin B5: 0.74mg (7.36%), Vitamin E: 0.55mg (3.66%), Vitamin K: 3.24µg (3.08%), Vitamin D: 0.22µg (1.49%)