



 **83%**  
HEALTH SCORE

## Bistro-Style French Onion Soup

 Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



1351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 cup baguette toasted
- 2 teaspoons balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons thyme leaves fresh chopped
- 1 ounce gruyère cheese grated
- 1 teaspoon olive oil
- 32 ounces onion soup french
- 0.5 cup onion red sliced

0.5 cup shallots sliced

## Equipment

bowl

frying pan

sauce pan

ladle

oven

broiler

## Directions

Heat oil in a large nonstick skillet over medium-high heat; saut onion and shallot, stirring until translucent (about 4 minutes). Reduce heat to medium; continue to cook until golden (about 4 minutes).

Preheat broiler to low.

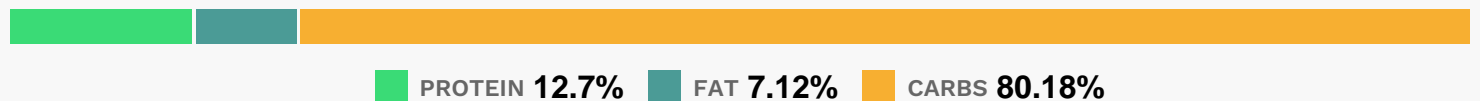
Place soup in a large saucepan; bring to a boil. Stir in sauted onion, thyme, vinegar, and black pepper; reduce heat to low. Cover and keep warm.

Ladle soup into 4 broiler-safe bowls; top each with 1 piece of bread and 1/4 of cheese.

Place under broiler for 3 minutes or until cheese is bubbly and golden. If you don't have broiler-safe bowls, use oven-safe bowls, and bake at 350 for 5 minutes or until cheese is melted.

Serve immediately, being careful not to directly touch hot bowls.

## Nutrition Facts



## Properties

Glycemic Index:63.94, Glycemic Load:80.11, Inflammation Score:-10, Nutrition Score:50.629130483969%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 1351.04kcal (67.55%), Fat: 10.64g (16.36%), Saturated Fat: 3g (18.75%), Carbohydrates: 269.68g (89.89%), Net Carbohydrates: 247.9g (90.15%), Sugar: 25.22g (28.02%), Cholesterol: 7.8mg (2.6%), Sodium: 19732.03mg (857.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.72g (85.44%), Manganese: 2.81mg (140.73%), Vitamin B1: 2.04mg (136.19%), Fiber: 21.78g (87.11%), Vitamin B6: 1.71mg (85.53%), Vitamin B2: 1.43mg (84.05%), Phosphorus: 774.3mg (77.43%), Selenium: 53.53µg (76.47%), Vitamin B3: 14.24mg (71.18%), Calcium: 675.83mg (67.58%), Folate: 269.33µg (67.33%), Iron: 12.06mg (67.03%), Potassium: 2089.73mg (59.71%), Copper: 1.15mg (57.32%), Magnesium: 214.68mg (53.67%), Zinc: 4.91mg (32.71%), Vitamin B5: 3mg (29.99%), Vitamin C: 17.16mg (20.8%), Vitamin K: 11.79µg (11.23%), Vitamin E: 1.16mg (7.75%), Vitamin A: 270.44IU (5.41%), Vitamin B12: 0.11µg (1.89%)