



Bread Soup (Panade) with Onions, Chard, and Mushrooms

READY IN



105 min.

SERVINGS



6

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces day-old rustic bread cut into 1-inch cubes
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 6 servings salt
- ☐ 1 tablespoon butter
- ☐ 2 cups onions thinly sliced sliced (vertically, from tip to root)
- ☐ 1 tablespoon garlic minced
- ☐ 6 ounces button mushrooms sliced
- ☐ 10 ounces chard fresh rinsed

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons thyme leaves dried fresh minced (or)
- ☐ 0.5 cup red wine hearty
- ☐ 1 tablespoon honey
- ☐ 2 quarts veggie broth for vegetarian option (chicken, beef, or vegetable, use vegetable stock)
- ☐ 1 cup parmesan cheese grated

Equipment

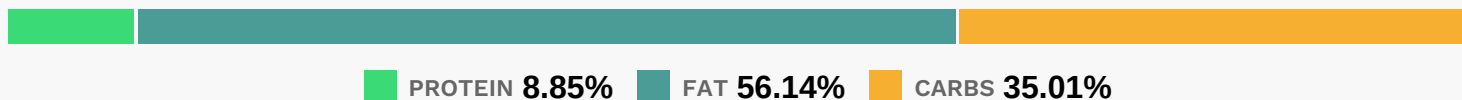
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Brown the cubed bread in the oven: Pre-heat oven to 350°F. Toss the cubed bread with a tablespoon of olive oil, sprinkle with a little salt. Arrange bread on a baking sheet and toast for 20-30 minutes (check timing!) or until nicely browned.
- ☐ Gently cook the sliced onions, add the garlic: While the cubed bread is in the oven, prepare the onions.
- ☐ Heat 2 tablespoons olive oil and the butter on medium heat in a 5 to 7 quart Dutch oven.
- ☐ Add the onions and stir to coat with the butter and oil. Cook gently, stirring occasionally for 10 to 15 minutes.
- ☐ If the onions begin to dry out at all, lower the heat. They should begin to caramelize and lightly brown.
- ☐ Add the garlic, cook for a minute more, remove from heat.
- ☐ Dry sauté the mushrooms: While the onions are browning, heat a large sauté pan on medium high heat.

- ☐ Add the sliced mushrooms. "Dry" sauté them (sauté without any added fat) until they release their moisture and are lightly browned.
- ☐ Cut away the tough central stems of the the chard leaves.
- ☐ Cut across the leaves into 1-inch wide strips.
- ☐ Layer Dutch oven with onions, chard, mushrooms, bread, spices:
- ☐ Remove half of the browned onions from the Dutch oven and set aside.
- ☐ Spread the remaining onions evenly over the bottom of the pot.
- ☐ Layer over with half of the chard and half of the browned mushrooms.
- ☐ Sprinkle with pepper, half a teaspoon of salt, and thyme.
- ☐ Put down a layer of toasted bread cubes.
- ☐ Add the remaining onions, chard, and mushrooms.
- ☐ Layer on top the remaining bread cubes.
- ☐ Mix together the honey and wine, until the honey is dissolved.
- ☐ Pour over the bread mixture.
- ☐ Pour the broth over everything.
- ☐ Scatter the top evenly with the grated cheese.
- ☐ Bake in oven: Cover the pot with foil (not the lid) and seal it around the edges.
- ☐ Cut 4 or 5 vent holes in the top. Put it in a 350°F (175°C) oven.
- ☐ Bake for 1 hour 15 minutes.
- ☐ Serve immediately, digging into the layers to get a bit of everything for each portion, or let cool and refrigerate, covered.
- ☐ To reheat, gently simmer a portion until hot. Plate and garnish with additional cheese and thyme.

Nutrition Facts



Properties

Glycemic Index:52.55, Glycemic Load:5.17, Inflammation Score:-10, Nutrition Score:19.542173808036%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 3.11mg, Kaempferol: 3.11mg, Kaempferol: 3.11mg, Kaempferol: 3.11mg Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg Quercetin: 12.1mg, Quercetin: 12.1mg, Quercetin: 12.1mg, Quercetin: 12.1mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 548.21kcal (27.41%), Fat: 33.85g (52.07%), Saturated Fat: 15.7g (98.1%), Carbohydrates: 47.49g (15.83%), Net Carbohydrates: 43.39g (15.78%), Sugar: 26.57g (29.53%), Cholesterol: 19.52mg (6.51%), Sodium: 2078.29mg (90.36%), Alcohol: 2.12g (100%), Alcohol %: 0.49% (100%), Protein: 12.01g (24.02%), Vitamin K: 401.7µg (382.58%), Vitamin A: 3776.15IU (75.52%), Vitamin C: 19.28mg (23.36%), Phosphorus: 196.33mg (19.63%), Vitamin B3: 3.91mg (19.56%), Calcium: 194.98mg (19.5%), Manganese: 0.36mg (18.11%), Vitamin B2: 0.29mg (17.09%), Fiber: 4.1g (16.4%), Magnesium: 65.32mg (16.33%), Iron: 2.87mg (15.92%), Potassium: 538.28mg (15.38%), Folate: 59.38µg (14.85%), Vitamin E: 2.08mg (13.83%), Selenium: 9.46µg (13.52%), Copper: 0.21mg (10.71%), Vitamin B1: 0.16mg (10.37%), Vitamin B6: 0.18mg (9.22%), Zinc: 1.31mg (8.76%), Vitamin B5: 0.65mg (6.47%), Vitamin B12: 0.24µg (4.01%)