



British onion soup

 Gluten Free

READY IN



105 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 50 g butter
- ☐ 1 kg onion finely sliced
- ☐ 1 tbsp brown sugar
- ☐ 3 sprigs thyme sprigs fresh
- ☐ 3 bay leaf fresh
- ☐ 150 ml cider
- ☐ 1 l savory vegetable (vegetable or chicken, it's up to you)
- ☐ 4 slices country ham thick

- ☐ 100 g cheddar cheese grated
- ☐ 1 large handful parsley chopped

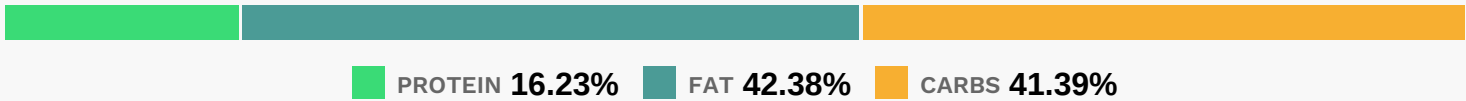
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat most of the butter or dripping in a pan, then add the onions, sugar and herbs. Season and cook, uncovered, over a low heat, stirring occasionally, for up to 40 mins until sticky and brown. pour in the cider and simmer until reduced by half.
- ☐ Pour in the stock, bring to the boil, then cook for 20 mins.
- ☐ To serve, heat the grill to high.
- ☐ Spread the bread on both sides with the remaining butter or dripping, then toast under the grill until golden. Scatter with cheese and place back under the grill until melted.
- ☐ Serve the soup in bowls with a slice of the toast floating in it, scattered generously with parsley.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:13.56, Inflammation Score:-10, Nutrition Score:26.282608716384%

Flavonoids

Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 12.52mg, Isorhamnetin: 12.52mg, Isorhamnetin: 12.52mg, Isorhamnetin: 12.52mg Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg, Kaempferol: 1.64mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 50.75mg, Quercetin: 50.75mg, Quercetin: 50.75mg, Quercetin: 50.75mg

Nutrients (% of daily need)

Calories: 510.84kcal (25.54%), Fat: 24.61g (37.86%), Saturated Fat: 13.2g (82.5%), Carbohydrates: 54.09g (18.03%), Net Carbohydrates: 41.99g (15.27%), Sugar: 14.6g (16.22%), Cholesterol: 69.24mg (23.08%), Sodium: 679.61mg (29.55%), Alcohol: 1.87g (100%), Alcohol %: 0.43% (100%), Protein: 21.21g (42.41%), Vitamin A: 10458.27IU (209.17%), Vitamin C: 41.07mg (49.78%), Fiber: 12.1g (48.4%), Manganese: 0.82mg (41.04%), Phosphorus: 364.97mg (36.5%), Vitamin B1: 0.53mg (35.13%), Vitamin B6: 0.61mg (30.73%), Calcium: 294.82mg (29.48%), Folate: 111.76µg (27.94%), Potassium: 889.54mg (25.42%), Vitamin B2: 0.41mg (24.25%), Selenium: 15.61µg (22.31%), Magnesium: 85.54mg (21.38%), Vitamin B3: 4mg (19.98%), Zinc: 2.9mg (19.31%), Vitamin K: 18.88µg (17.98%), Iron: 2.88mg (16.03%), Copper: 0.32mg (15.76%), Vitamin B5: 0.88mg (8.77%), Vitamin B12: 0.47µg (7.76%), Vitamin E: 0.64mg (4.24%), Vitamin D: 0.35µg (2.31%)