



Canadian (French) Onion Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



311 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 2 beef bouillon cubes
- 12 ounce canadian beer steam whistle pilsner® (such as)
- 6 servings pepper black freshly ground to taste
- 0.5 cup butter divided
- 1 chicken bouillon cube
- 1 cup garlic croutons or as needed
- 1 garlic clove crushed

- 1.5 cups three-cheese blend shredded italian
- 3 onions red thinly sliced
- 5 cups water

Equipment

- bowl
- sauce pan
- oven
- baking pan
- broiler
- slotted spoon

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Heat 1/4 cup butter in a large saucepan over medium heat; stir in onions and saute until onions are tender and translucent, about 5 minutes.
- Remove onions with a slotted spoon; set aside.
- Pour water into the saucepan, cover, and bring to a boil. Stir remaining butter, beef bouillon cubes, and chicken bouillon cube into water until dissolved. Stir in beer, garlic, bay leaf, and sauteed onions; season with pepper. Reduce heat; simmer for 15 minutes.
- Fill oven-proof bowls 3/4 full with soup.
- Place bowls on a baking tray; top with croutons and shredded cheese.
- Bake in the preheated oven until cheese is melted, about 5 minutes.
- Remove baking tray from oven.
- Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- Return soup to the oven; broil until cheese is browned, about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:34.92, Glycemic Load:4.12, Inflammation Score:-6, Nutrition Score:6.34260877319%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 11.58mg, Quercetin: 11.58mg, Quercetin: 11.58mg, Quercetin: 11.58mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 310.76kcal (15.54%), Fat: 22.66g (34.87%), Saturated Fat: 10.94g (68.36%), Carbohydrates: 16.22g (5.41%), Net Carbohydrates: 14.77g (5.37%), Sugar: 2.88g (3.21%), Cholesterol: 46.41mg (15.47%), Sodium: 672.29mg (29.23%), Alcohol: 2.21g (100%), Alcohol %: 0.74% (100%), Protein: 9.85g (19.71%), Manganese: 0.48mg (24.15%), Vitamin B6: 0.38mg (19.19%), Vitamin C: 11.31mg (13.71%), Calcium: 125.93mg (12.59%), Vitamin A: 477.52IU (9.55%), Phosphorus: 68.16mg (6.82%), Selenium: 4.65µg (6.65%), Copper: 0.13mg (6.32%), Fiber: 1.45g (5.8%), Potassium: 201.9mg (5.77%), Vitamin B1: 0.08mg (5.26%), Magnesium: 18.27mg (4.57%), Vitamin B2: 0.07mg (3.96%), Folate: 15.8µg (3.95%), Iron: 0.58mg (3.21%), Vitamin E: 0.47mg (3.15%), Vitamin B3: 0.59mg (2.93%), Zinc: 0.41mg (2.73%), Vitamin B5: 0.26mg (2.59%), Vitamin K: 2.1µg (2%)