



Caramelized Onion and Portobello Mushroom Soup with Goat Cheese Croutons

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



819 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 3 tablespoons cognac
- ☐ 1 cup cooking wine dry white
- ☐ 18 slices french-bread baguette 1-inch-thick toasted
- ☐ 3 garlic cloves minced
- ☐ 8 ounces goat cheese fresh soft room temperature
- ☐ 5 cups onions halved thinly sliced

- ☐ 1.5 pounds portabello mushrooms stemmed halved
- ☐ 4 thyme sprigs fresh
- ☐ 8 cups vegetable broth canned

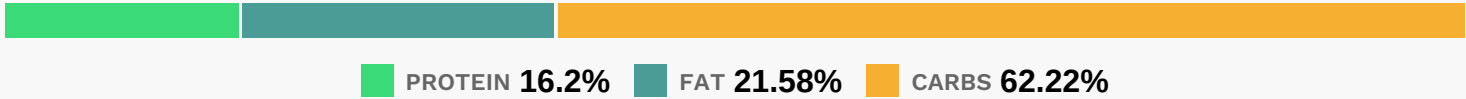
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ pot
- ☐ broiler

Directions

- ☐ Melt 1 tablespoon butter in heavy large pot over high heat.
- ☐ Add onions and thyme; sauté until onions begin to soften, about 8 minutes. Reduce heat to low; cook until onions are caramelized, stirring occasionally, about 20 minutes.
- ☐ Transfer onion mixture to medium bowl.
- ☐ Melt remaining 2 tablespoons butter in same pot over medium-high heat.
- ☐ Add mushrooms; sauté until soft, about 12 minutes.
- ☐ Add Cognac and garlic; stir 20 seconds. Stir in onion mixture, then broth and wine. Bring to boil. Reduce heat to low; simmer until onions are very tender, about 45 minutes. Discard thyme sprigs. Season soup with salt and pepper. (Can be made 1 day ahead. Cool slightly; cover and chill. Bring to simmer before serving.)
- ☐ Preheat broiler.
- ☐ Place baguette slices on large baking sheet.
- ☐ Spread goat cheese on baguette slices, dividing equally. Broil goat cheese croutons until cheese begins to brown in spots, about 30 seconds. Divide soup among 6 bowls. Top with croutons and serve.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:81.7, Inflammation Score:-10, Nutrition Score:37.461739394976%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 27.11mg, Quercetin: 27.11mg, Quercetin: 27.11mg, Quercetin: 27.11mg

Nutrients (% of daily need)

Calories: 819.2kcal (40.96%), Fat: 18.84g (28.99%), Saturated Fat: 10.25g (64.07%), Carbohydrates: 122.2g (40.73%), Net Carbohydrates: 114.11g (41.5%), Sugar: 20.76g (23.07%), Cholesterol: 32.44mg (10.81%), Sodium: 2611.21mg (113.53%), Alcohol: 6.63g (100%), Alcohol %: 0.99% (100%), Protein: 31.82g (63.63%), Selenium: 78.05µg (111.5%), Vitamin B1: 1.52mg (101.6%), Folate: 298.74µg (74.68%), Vitamin B3: 14.74mg (73.69%), Manganese: 1.38mg (68.94%), Vitamin B2: 1.16mg (68.26%), Iron: 9.11mg (50.62%), Copper: 0.96mg (47.81%), Phosphorus: 471.68mg (47.17%), Vitamin B6: 0.67mg (33.45%), Fiber: 8.09g (32.36%), Vitamin A: 1267.27IU (25.35%), Potassium: 882.21mg (25.21%), Vitamin B5: 2.39mg (23.92%), Zinc: 3.26mg (21.73%), Magnesium: 86.4mg (21.6%), Calcium: 197.52mg (19.75%), Vitamin C: 11.4mg (13.82%), Vitamin E: 0.68mg (4.56%), Vitamin D: 0.49µg (3.28%), Vitamin K: 3.23µg (3.08%), Vitamin B12: 0.14µg (2.34%)