



Caramelized Onion and Shallot Cream Soup

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



422 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons firmly brown sugar packed
- ☐ 3 tablespoons butter
- ☐ 0.8 cup cream sherry
- ☐ 1.5 teaspoons rubbed sage dried
- ☐ 5 cups fat-skimmed beef broth
- ☐ 1 tablespoon thyme leaves dried fresh minced
- ☐ 3 cups half-and-half light (cream)
- ☐ 9 servings hot sauce

- ☐ 9 servings lemon wedges
- ☐ 2 teaspoons olive oil
- ☐ 3 pounds onions peeled thinly sliced
- ☐ 2 tablespoons parsley chopped
- ☐ 9 servings salt and pepper
- ☐ 1.5 pounds shallots peeled ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ blender

Directions

- ☐ In an 8- or 9-inch-wide pan, mix shallots with oil.
- ☐ Bake in a 375 oven until deep golden, shaking pan occasionally to turn pieces, about 1 hour.
- ☐ Meanwhile, in a 5- to 6-quart pan over medium-high heat, frequently stir onions, butter, and sugar until onions are deep golden brown, about 45 minutes.
- ☐ Add sherry to shallots, stirring to release browned bits in pan.
- ☐ Pour mixture into onions. In a blender, whirl vegetables, a portion at a time, until very smooth, adding enough broth to facilitate blending. Return pureed vegetables to pan.
- ☐ Add remaining broth, thyme, and sage.
- ☐ Stirring often, bring to a boil over high heat, then reduce heat and simmer 20 minutes to blend flavors.
- ☐ Add half-and-half and stir over medium-high heat until hot, 2 to 3 minutes.
- ☐ Add parsley.
- ☐ Ladle into bowls and season to taste with hot sauce, salt and pepper, and juice from lemon wedges.

Nutrition Facts



 **PROTEIN 5.76%**  **FAT 63.18%**  **CARBS 31.06%**

Properties

Glycemic Index:19.39, Glycemic Load:6.34, Inflammation Score:-9, Nutrition Score:12.54304357197%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.95mg, Apigenin: 1.95mg, Apigenin: 1.95mg, Apigenin: 1.95mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 30.72mg, Quercetin: 30.72mg, Quercetin: 30.72mg, Quercetin: 30.72mg

Nutrients (% of daily need)

Calories: 421.98kcal (21.1%), Fat: 29.74g (45.75%), Saturated Fat: 16.39g (102.44%), Carbohydrates: 32.89g (10.96%), Net Carbohydrates: 27.72g (10.08%), Sugar: 15.45g (17.17%), Cholesterol: 88.43mg (29.48%), Sodium: 800.79mg (34.82%), Alcohol: 2.06g (100%), Alcohol %: 0.56% (100%), Protein: 6.11g (12.21%), Vitamin C: 20.76mg (25.17%), Vitamin B6: 0.5mg (24.93%), Manganese: 0.47mg (23.59%), Vitamin A: 1093.2IU (21.86%), Fiber: 5.16g (20.65%), Vitamin K: 18.84µg (17.94%), Potassium: 619.48mg (17.7%), Phosphorus: 157.98mg (15.8%), Folate: 61.01µg (15.25%), Calcium: 133.22mg (13.32%), Vitamin B2: 0.19mg (11.27%), Magnesium: 42.06mg (10.52%), Vitamin B1: 0.15mg (9.73%), Iron: 1.71mg (9.48%), Copper: 0.16mg (8.17%), Vitamin B5: 0.79mg (7.88%), Selenium: 4.89µg (6.99%), Vitamin E: 1.04mg (6.96%), Vitamin B12: 0.42µg (6.94%), Vitamin B3: 1.12mg (5.59%), Zinc: 0.83mg (5.56%), Vitamin D: 0.48µg (3.19%)