



Caramelized Onion and Shiitake Soup with Gruyère–Blue Cheese Toasts

READY IN



45 min.

SERVINGS



6

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 6 ounces bread baguette french toasted ()
- ☐ 0.5 cup cooking wine dry white
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 0.5 teaspoon thyme leaves fresh finely chopped
- ☐ 4 garlic cloves minced
- ☐ 1 ounce gorgonzola crumbled
- ☐ 1 ounce gruyère cheese grated

- ☐ 14 ounce less-sodium beef broth fat-free canned
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 5 cups shiitake mushroom caps whole sliced (10 ounces mushrooms)
- ☐ 2 thyme sprigs
- ☐ 2 pounds onion yellow vertically sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ To prepare soup, heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion to pan; saut 15 minutes or until almost tender, stirring frequently. Reduce heat to medium-low; cook until deep golden brown (about 40 minutes), stirring occasionally.
- ☐ Increase heat to medium.
- ☐ Add mushrooms to pan; cook 10 minutes or until mushrooms are tender, stirring frequently. Stir in garlic and thyme sprigs; cook 2 minutes, stirring frequently. Increase heat to medium-high.
- ☐ Add wine to pan; cook 2 minutes or until most of the liquid evaporates.
- ☐ Add broths to pan; bring to a simmer. Reduce heat, and simmer 45 minutes. Stir in salt and pepper. Discard thyme sprigs.
- ☐ To prepare toasts, preheat broiler.
- ☐ Arrange bread in a single layer on a baking sheet. Top each bread slice with 1 teaspoon Gruyere and 1 teaspoon Gorgonzola. Broil 2 minutes or until cheese melts.

Sprinkle chopped thyme over cheese. Ladle about 1 cup soup into each of 6 bowls; top each serving with 2 toasts.

Nutrition Facts



Properties

Glycemic Index:55.58, Glycemic Load:17.38, Inflammation Score:-9, Nutrition Score:21.318695690321%

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 Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 30.74mg, Quercetin: 30.74mg, Quercetin: 30.74mg, Quercetin: 30.74mg

Nutrients (% of daily need)

Calories: 285.53kcal (14.28%), Fat: 7.11g (10.94%), Saturated Fat: 2.32g (14.49%), Carbohydrates: 43.25g (14.42%), Net Carbohydrates: 35.2g (12.8%), Sugar: 12.56g (13.95%), Cholesterol: 8.74mg (2.91%), Sodium: 868.81mg (37.77%), Alcohol: 2.06g (100%), Alcohol %: 0.49% (100%), Protein: 13.01g (26.02%), Vitamin B3: 9.31mg (46.56%), Manganese: 0.87mg (43.62%), Vitamin B6: 0.82mg (41.08%), Vitamin B2: 0.62mg (36.68%), Phosphorus: 346.15mg (34.61%), Vitamin B5: 3.32mg (33.19%), Selenium: 22.74µg (32.48%), Fiber: 8.06g (32.23%), Potassium: 1022.06mg (29.2%), Folate: 91.43µg (22.86%), Vitamin B1: 0.31mg (20.89%), Copper: 0.4mg (19.87%), Zinc: 2.87mg (19.16%), Magnesium: 68.9mg (17.22%), Vitamin C: 12.61mg (15.29%), Iron: 2.52mg (14%), Calcium: 136.93mg (13.69%), Vitamin D: 0.81µg (5.37%), Vitamin B12: 0.27µg (4.43%), Vitamin E: 0.45mg (3.03%), Vitamin K: 2.84µg (2.7%), Vitamin A: 108.71IU (2.17%)