



## Caramelized Onion Soup

READY IN



45 min.

SERVINGS



5

CALORIES



555 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.3 cup butter
- ☐ 3 egg yolks
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves pressed
- ☐ 2 cups milk
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon sugar

- ☐ 2 large vidalia onions quartered
- ☐ 2 cups whipping cream

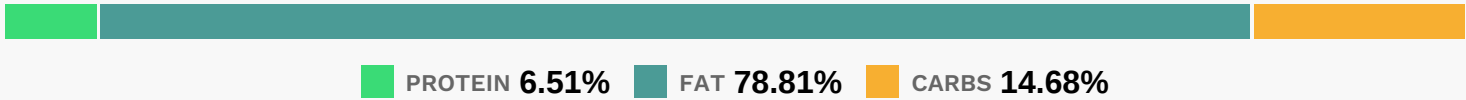
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

## Directions

- ☐ Melt butter in a 8-quart stock pot over medium heat.
- ☐ Add onion and sugar, and cook, stirring constantly, 20 to 25 minutes or until browned.
- ☐ Stir in garlic, and cook 1 minute. Stir in flour, and cook, stirring constantly, 1 minute. Gradually add milk and whipping cream, and cook, stirring constantly, until mixture is slightly thickened. Stir in salt and pepper.
- ☐ Whisk together egg yolks in a small bowl until blended. Gradually add 3 tablespoons hot mixture, whisking constantly. Stir yolk mixture into remaining hot mixture. Stir in chopped fresh parsley.

## Nutrition Facts



## Properties

Glycemic Index:55.42, Glycemic Load:3.67, Inflammation Score:-9, Nutrition Score:14.386086930399%

## Flavonoids

Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg Quercetin: 19.25mg, Quercetin: 19.25mg, Quercetin: 19.25mg, Quercetin: 19.25mg

## Nutrients (% of daily need)

Calories: 555.3kcal (27.76%), Fat: 49.65g (76.38%), Saturated Fat: 26.65g (166.55%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 19.42g (7.06%), Sugar: 14.42g (16.02%), Cholesterol: 235.93mg (78.64%), Sodium:

419.33mg (18.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.46%), Vitamin A: 2256.04IU (45.12%), Vitamin K: 30.25µg (28.8%), Vitamin B2: 0.42mg (24.66%), Phosphorus: 240.43mg (24.04%), Calcium: 232.12mg (23.21%), Vitamin D: 3.18µg (21.2%), Selenium: 12.62µg (18.02%), Vitamin B6: 0.32mg (16.09%), Vitamin B12: 0.9µg (15.02%), Folate: 58.12µg (14.53%), Potassium: 429.2mg (12.26%), Vitamin B1: 0.18mg (11.7%), Vitamin C: 9.45mg (11.46%), Vitamin B5: 1.1mg (10.97%), Vitamin E: 1.6mg (10.65%), Manganese: 0.17mg (8.39%), Magnesium: 33.11mg (8.28%), Zinc: 1.1mg (7.35%), Iron: 1mg (5.58%), Fiber: 1.38g (5.5%), Copper: 0.11mg (5.29%), Vitamin B3: 0.55mg (2.76%)