



Caramelized Onion Soup With Goat Cheese-and-Chive Croutons

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



143 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons beef bouillon granules
- ☐ 0.5 cup mazola canola oil
- ☐ 8 servings garnish: chives fresh
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 4 garlic cloves pressed
- ☐ 8 servings goat cheese-and-chive croutons
- ☐ 6 medium onions sliced

- ☐ 1 teaspoon pepper
- ☐ 8 cups water

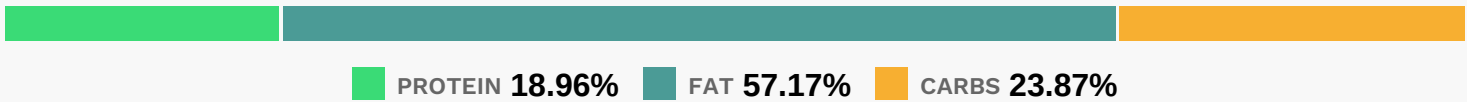
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Cook onion in hot oil in a Dutch oven over medium-high heat, stirring occasionally, 45 minutes or until onion is caramel colored.
- ☐ Add garlic, and cook 1 minute. Stir in 8 cups water. Bring to a boil; stir in bouillon granules, pepper, thyme, and, if desired, sherry. Cover, reduce heat, and simmer, stirring occasionally, 20 minutes.
- ☐ Ladle soup into individual bowls, and top with Goat Cheese-and-Chive Croutons.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:1.88, Inflammation Score:-6, Nutrition Score:5.6869564496953%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.2mg, Isorhamnetin: 4.2mg, Isorhamnetin: 4.2mg, Isorhamnetin: 4.2mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.82mg, Quercetin: 16.82mg, Quercetin: 16.82mg, Quercetin: 16.82mg

Nutrients (% of daily need)

Calories: 143.47kcal (7.17%), Fat: 9.31g (14.32%), Saturated Fat: 4.66g (29.12%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 7.2g (2.62%), Sugar: 4.07g (4.53%), Cholesterol: 13.88mg (4.63%), Sodium: 575.9mg (25.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.9%), Copper: 0.3mg (14.98%), Phosphorus: 108.34mg

(10.83%), Manganese: 0.21mg (10.46%), Vitamin B6: 0.2mg (9.94%), Vitamin C: 7.19mg (8.71%), Vitamin B2: 0.14mg (8.49%), Calcium: 75.12mg (7.51%), Vitamin A: 358.98IU (7.18%), Vitamin K: 6.5µg (6.19%), Fiber: 1.55g (6.18%), Folate: 21.18µg (5.3%), Iron: 0.93mg (5.16%), Vitamin B1: 0.07mg (4.47%), Magnesium: 17.71mg (4.43%), Potassium: 148.61mg (4.25%), Vitamin E: 0.57mg (3.81%), Vitamin B5: 0.33mg (3.27%), Zinc: 0.47mg (3.16%), Selenium: 2.01µg (2.87%), Vitamin B3: 0.31mg (1.55%), Vitamin B12: 0.08µg (1.26%)