



Cheesy Crescent-Topped Onion-Mushroom Soup

READY IN



60 min.

SERVINGS



4

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 28 oz beef broth canned
- ☐ 0.5 cup sherry dry
- ☐ 2 teaspoons flour all-purpose
- ☐ 2 cups mushrooms fresh sliced
- ☐ 5 cups onion thinly sliced
- ☐ 2 tablespoons parmesan cheese grated

- ☐ 8 oz regular crescent rolls refrigerated pillsbury® canned
- ☐ 1 teaspoon salt
- ☐ 2 oz swiss cheese shredded finely
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups water

Equipment

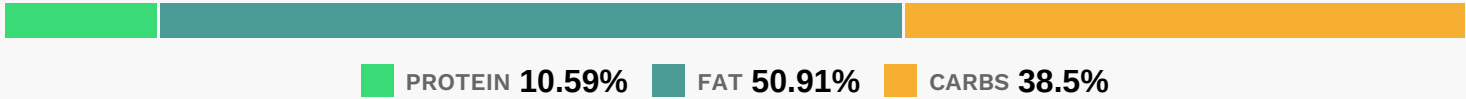
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven or large saucepan, heat butter and oil over medium heat until butter is melted.
- ☐ Add onions; cook about 15 minutes, stirring frequently, until onions are tender and light golden brown.
- ☐ Stir in brown sugar. Cook about 5 minutes, stirring occasionally, until golden brown.
- ☐ Add mushrooms; cook about 5 minutes, stirring occasionally, until tender. Stir in flour and salt. Stir in broth, water and sherry.
- ☐ Heat to boiling. Reduce heat. Cover; simmer 20 minutes.
- ☐ Meanwhile, heat oven to 375°F. On ungreased cookie sheet, unroll dough into 1 large rectangle; press perforations to seal.
- ☐ Sprinkle Parmesan cheese and thyme evenly over dough. Starting with 1 short side, roll up.
- ☐ Cut roll into 8 slices; place cut sides down on cookie sheet. Press slices to form 3-inch rounds.
- ☐ Bake 10 to 14 minutes or until golden brown.

- ☐ Remove baked rounds from oven.
- ☐ Sprinkle each with Swiss cheese.
- ☐ Bake 1 to 2 minutes longer or until cheese is melted and begins to brown.
- ☐ Ladle soup into individual soup bowls. Top each with 1 crescent topper.
- ☐ Serve soup with additional crescent toppers.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:5.21, Inflammation Score:-8, Nutrition Score:12.871739149094%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 10.02mg, Isorhamnetin: 10.02mg, Isorhamnetin: 10.02mg, Isorhamnetin: 10.02mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 40.61mg, Quercetin: 40.61mg, Quercetin: 40.61mg, Quercetin: 40.61mg

Nutrients (% of daily need)

Calories: 481.81kcal (24.09%), Fat: 27.13g (41.74%), Saturated Fat: 10.09g (63.04%), Carbohydrates: 46.17g (15.39%), Net Carbohydrates: 42.22g (15.35%), Sugar: 16.36g (18.18%), Cholesterol: 15.36mg (5.12%), Sodium: 1918.8mg (83.43%), Alcohol: 3.09g (100%), Alcohol %: 0.57% (100%), Protein: 12.7g (25.4%), Phosphorus: 230.69mg (23.07%), Calcium: 218.3mg (21.83%), Vitamin B2: 0.35mg (20.79%), Vitamin C: 16.22mg (19.66%), Vitamin B3: 3.62mg (18.11%), Selenium: 12.38µg (17.68%), Manganese: 0.35mg (17.58%), Potassium: 594.75mg (16.99%), Vitamin B6: 0.34mg (16.95%), Fiber: 3.94g (15.77%), Folate: 53.88µg (13.47%), Copper: 0.26mg (13.11%), Vitamin B5: 1.1mg (10.99%), Iron: 1.93mg (10.7%), Vitamin B12: 0.63µg (10.45%), Vitamin B1: 0.15mg (9.82%), Magnesium: 38.96mg (9.74%), Zinc: 1.38mg (9.19%), Vitamin A: 405.54IU (8.11%), Vitamin K: 7.42µg (7.06%), Vitamin E: 0.64mg (4.26%)