



Classic French Onion Soup

READY IN



84 min.

SERVINGS



6

CALORIES



226 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup apple juice
- ☐ 10.5 ounce beef consommé canned
- ☐ 6 inch diagonally bread french cut
- ☐ 1 tablespoon butter
- ☐ 1 cup cooking wine dry white
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 ounces jarlsberg cheese light shredded
- ☐ 4 cups low-salt beef broth
- ☐ 8 cups onion sweet thinly sliced (3 large)

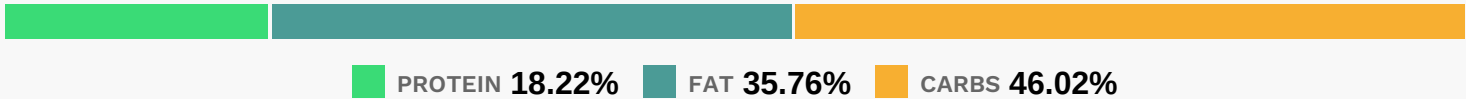
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Melt butter in a large Dutch oven over medium-low heat; add onion. Cover and cook 30 minutes or until dark brown, stirring occasionally.
- ☐ Add wine and apple juice; bring to a boil. Boil, uncovered, 10 minutes or until liquid is reduced to about 1/2 cup. Stir in broth and consomm; bring to a boil. Reduce heat, and simmer, uncovered, 15 minutes.
- ☐ Preheat broiler.
- ☐ Arrange bread slices on a large baking sheet. Broil 1 minute on each side or until golden.
- ☐ Place 6 (2-cup) ovenproof bowls or soup crocks on a large baking sheet. Spoon soup into bowls. Top each bowl of soup with 2 slices toasted French bread, 1 1/2 tablespoons cheese, and 1 teaspoon parsley. Broil 2 to 3 minutes or just until cheese melts.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:3.06, Inflammation Score:-8, Nutrition Score:8.6730434894562%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg, Catechin: 0.82mg Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 2.46mg, Kaempferol:

2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 2.64mg, Myricetin: 2.64mg, Myricetin: 2.64mg, Myricetin: 2.64mg Quercetin: 31.24mg, Quercetin: 31.24mg, Quercetin: 31.24mg, Quercetin: 31.24mg

Nutrients (% of daily need)

Calories: 226.34kcal (11.32%), Fat: 8.05g (12.38%), Saturated Fat: 4.83g (30.19%), Carbohydrates: 23.31g (7.77%), Net Carbohydrates: 21.2g (7.71%), Sugar: 15.2g (16.89%), Cholesterol: 18.52mg (6.17%), Sodium: 953.01mg (41.44%), Alcohol: 4.12g (100%), Alcohol %: 0.99% (100%), Protein: 9.22g (18.45%), Vitamin K: 22.85µg (21.76%), Calcium: 200.81mg (20.08%), Vitamin B6: 0.33mg (16.49%), Vitamin C: 12.39mg (15.01%), Folate: 58.88µg (14.72%), Manganese: 0.28mg (13.8%), Potassium: 448.12mg (12.8%), Vitamin B3: 2.13mg (10.66%), Phosphorus: 98.94mg (9.89%), Fiber: 2.1g (8.41%), Vitamin B1: 0.12mg (8.11%), Magnesium: 30.99mg (7.75%), Iron: 1.25mg (6.95%), Vitamin B2: 0.11mg (6.63%), Copper: 0.13mg (6.59%), Vitamin A: 308.17IU (6.16%), Selenium: 3.37µg (4.81%), Vitamin B5: 0.31mg (3.06%), Zinc: 0.38mg (2.51%), Vitamin B12: 0.15µg (2.51%)