



 5%
HEALTH SCORE

Classic French Onion Soup

READY IN



45 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter salted
- 4 onion yellow finely sliced
- 0.3 Tsp flour
- 0.5 cup cooking sherry
- 5 cups beef broth
- 3 sprigs thyme sprigs fresh
- 3 sprigs parsley fresh
- 1 bay leaves
- 4 servings salt and pepper to taste

- 4 slices crusty baguette french
- 1 cup gruyere cheese shredded

Equipment

- frying pan
- baking sheet
- ladle
- oven
- pot
- ramekin
- dutch oven

Directions

- Preheat oven to 400
- In a large Dutch oven, melt butter over medium heat.
- Add onions to the pot and sprinkle with flour. Reduce heat to medium low and cook for 45 minutes stirring occasionally. If the onions are cooking too quickly, reduce heat.
- When the onions are tender and golden in colour, de-glaze the pan with sherry.
- Pour beef broth into the pot and bring to a boil over medium heat.
- Add herbs, salt and pepper to taste.
- Reduce heat and simmer for 15 minutes.
- Spray a cookie sheet with cooking spray. Butter slices of French bread and bake in the oven for 5-10 minutes until very dry. Set aside.
- Remove herb stalks and bay leaf.
- Ladle soup portions into four oven safe ramekins. Top with crusty French bread and sprinkle with cheese.
- Place ramekins on a cookie sheet and bake uncovered at 400 for 5-10 minutes until cheese is bubbling. Broil for one minute more to brown the top.
- Serve warm.
- Serves 4

Nutrition Facts

PROTEIN 18.01% FAT 54.5% CARBS 27.49%

Properties

Glycemic Index:78.94, Glycemic Load:13.06, Inflammation Score:-9, Nutrition Score:14.072608695652%

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: 1.65mg, Apigenin: 1.65mg, Apigenin: 1.65mg, Apigenin: 1.65mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 22.34mg, Quercetin: 22.34mg, Quercetin: 22.34mg, Quercetin: 22.34mg

Taste

Sweetness: 47.86%, Saltiness: 88.98%, Sourness: 58.52%, Bitterness: 34.05%, Savoriness: 34.79%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 412.06kcal (20.6%), Fat: 23.83g (36.66%), Saturated Fat: 14.08g (88.03%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 24.36g (8.86%), Sugar: 6.59g (7.32%), Cholesterol: 66.8mg (22.27%), Sodium: 1840.79mg (80.03%), Alcohol: 3.09g (17.17%), Protein: 17.72g (35.44%), Calcium: 420.72mg (42.07%), Phosphorus: 311.15mg (31.11%), Vitamin B3: 4.03mg (20.13%), Manganese: 0.38mg (18.93%), Selenium: 13.16µg (18.79%), Vitamin B1: 0.27mg (17.79%), Vitamin B2: 0.3mg (17.75%), Folate: 66.92µg (16.73%), Vitamin A: 769.94IU (15.4%), Vitamin K: 15.7µg (14.96%), Vitamin B12: 0.76µg (12.7%), Vitamin C: 10.35mg (12.55%), Iron: 2.18mg (12.11%), Potassium: 422.74mg (12.08%), Vitamin B6: 0.24mg (12.06%), Zinc: 1.8mg (12%), Fiber: 2.68g (10.73%), Magnesium: 42.12mg (10.53%), Vitamin B5: 0.54mg (5.37%), Copper: 0.1mg (4.95%), Vitamin E: 0.54mg (3.61%), Vitamin D: 0.2µg (1.32%)