



Classic French Onion Soup

READY IN



45 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 42 oz beef broth canned
- ☐ 4 slices bread french thick toasted
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 3 onions sweet thinly sliced
- ☐ 1 cup swiss cheese shredded

Equipment

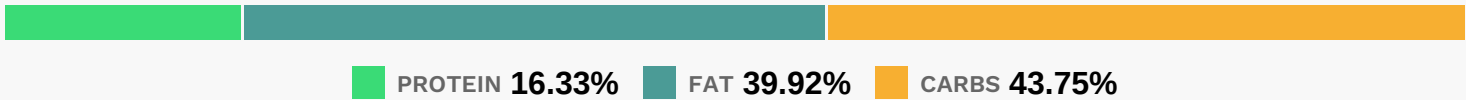
- ☐ bowl

- ☐ sauce pan
- ☐ ladle
- ☐ oven

Directions

- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add onions and cook until lightly golden. Reduce heat; cook for 30 to 40 minutes until deep golden, stirring frequently.
- ☐ Add broth and salt. Reduce heat to low; simmer for 15 to 20 minutes. Ladle soup into 4 oven-proof bowls; top each bowl with a toasted bread slice and sprinkle with cheese.
- ☐ Broil 4 inches from heat for 2 to 3 minutes, until cheese is bubbly and lightly golden.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:25.71, Inflammation Score:-8, Nutrition Score:19.30043463085%

Flavonoids

Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg, Kaempferol: 2.83mg Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg Quercetin: 36.05mg, Quercetin: 36.05mg, Quercetin: 36.05mg, Quercetin: 36.05mg

Nutrients (% of daily need)

Calories: 473.29kcal (23.66%), Fat: 21.27g (32.73%), Saturated Fat: 7.03g (43.93%), Carbohydrates: 52.47g (17.49%), Net Carbohydrates: 48.82g (17.75%), Sugar: 15.42g (17.13%), Cholesterol: 25.11mg (8.37%), Sodium: 1853.32mg (80.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.58g (39.16%), Selenium: 29.76µg (42.51%), Vitamin B1: 0.57mg (37.67%), Folate: 144.2µg (36.05%), Calcium: 341.38mg (34.14%), Phosphorus: 327.9mg (32.79%), Vitamin B3: 5.75mg (28.76%), Manganese: 0.56mg (27.79%), Vitamin B2: 0.47mg (27.49%), Vitamin B6: 0.44mg (21.99%), Iron: 3.75mg (20.83%), Vitamin B12: 1.02µg (17.06%), Potassium: 550.37mg (15.72%), Fiber: 3.64g (14.57%), Zinc: 2.17mg (14.46%), Vitamin C: 11.92mg (14.44%), Magnesium: 57.69mg (14.42%), Copper: 0.25mg (12.46%), Vitamin E: 1.86mg (12.39%), Vitamin K: 7.89µg (7.52%), Vitamin B5: 0.63mg (6.32%), Vitamin A: 226.58IU (4.53%)