



Classic French Onion Soup from Kraft

READY IN



70 min.

SERVINGS



6

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 inch baguette toasted
- ☐ 0.3 cup cooking sherry dry
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 6 cups 5%-less-sodium beef broth
- ☐ 3 tablespoons olive oil
- ☐ 3 large onions sweet sliced
- ☐ 1.5 cups swiss au gratin cheese shredded kraft

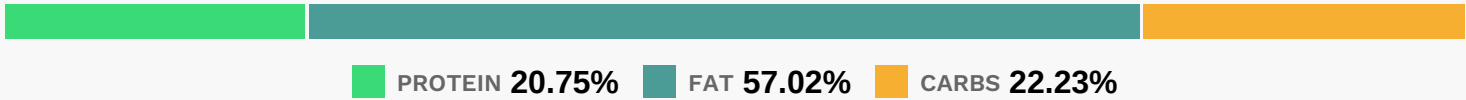
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ broiler

Directions

- ☐ Heat oil in large skillet on medium-high heat.
- ☐ Add onions; cook and stir 5 min. or until tender. Reduce heat to medium-low; cook 30 min. or until onions are golden brown, stirring occasionally and adding thyme for the last 5 min.
- ☐ Stir in sherry; cook on medium-high heat 5 min. or until sherry is reduced by half.
- ☐ Add beef broth; bring just to boil. Cover; simmer on medium heat 20 min.
- ☐ Heat broiler. Ladle soup into 6 ovenproof bowls; top with baguette slices and cheese. Broil 3 to 5 min. or until cheese is bubbly and golden brown.

Nutrition Facts



Properties

Glycemic Index:26.46, Glycemic Load:0.28, Inflammation Score:-9, Nutrition Score:8.936521784119%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 24.04mg, Quercetin: 24.04mg, Quercetin: 24.04mg, Quercetin: 24.04mg

Nutrients (% of daily need)

Calories: 248.61kcal (12.43%), Fat: 15.53g (23.89%), Saturated Fat: 5.89g (36.79%), Carbohydrates: 13.62g (4.54%), Net Carbohydrates: 11.96g (4.35%), Sugar: 8.45g (9.38%), Cholesterol: 25.11mg (8.37%), Sodium: 505.4mg (21.97%), Alcohol: 1.37g (100%), Alcohol %: 0.38% (100%), Protein: 12.72g (25.43%), Calcium: 279.62mg (27.96%), Potassium:

713.02mg (20.37%), Phosphorus: 203.5mg (20.35%), Vitamin B12: 0.82µg (13.59%), Selenium: 9µg (12.86%), Vitamin B6: 0.25mg (12.25%), Vitamin C: 9.81mg (11.89%), Folate: 41.38µg (10.34%), Zinc: 1.43mg (9.56%), Manganese: 0.16mg (8.19%), Vitamin E: 1.2mg (8.02%), Vitamin B2: 0.12mg (7.24%), Magnesium: 27.06mg (6.77%), Fiber: 1.66g (6.63%), Copper: 0.11mg (5.63%), Vitamin A: 281.18IU (5.62%), Vitamin K: 5.15µg (4.9%), Vitamin B1: 0.07mg (4.89%), Iron: 0.75mg (4.17%), Vitamin B5: 0.29mg (2.9%), Vitamin B3: 0.28mg (1.41%)