



Creamy French-American Soup

READY IN



45 min.

SERVINGS



3

CALORIES



1020 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef broth
- ☐ 0.3 cup butter
- ☐ 3 slices bread french
- ☐ 1 pint heavy cream
- ☐ 2 onions halved thinly sliced
- ☐ 3 slices provolone cheese
- ☐ 3 servings salt and pepper to taste
- ☐ 3 slices swiss cheese

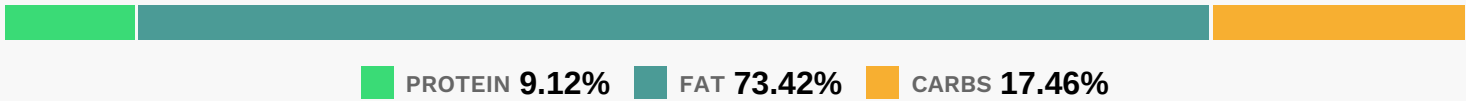
Equipment

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

Directions

- ☐ Preheat oven to broiler setting.
- ☐ Melt butter in a saucepan over medium heat.
- ☐ Add onions and cook until softened, 5 to 8 minutes. Stir in the heavy cream and beef broth. Bring to a boil, then reduce heat to low and simmer, loosely covered, for 20 minutes. Season with salt and pepper, to taste.
- ☐ Top each slice of bread with one slice of provolone and one slice of Swiss cheese; place on a cookie sheet. Broil on top oven rack until the cheese browns and the edges of the bread are crispy, 3 to 5 minutes.
- ☐ To serve, ladle soup into 3 bowls and top with one slice of the cheese-topped bread.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:27.3, Inflammation Score:-9, Nutrition Score:22.351304489633%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.89mg, Quercetin: 14.89mg, Quercetin: 14.89mg, Quercetin: 14.89mg

Nutrients (% of daily need)

Calories: 1020.01kcal (51%), Fat: 84.58g (130.12%), Saturated Fat: 52.89g (330.55%), Carbohydrates: 45.27g (15.09%), Net Carbohydrates: 42.62g (15.5%), Sugar: 10.79g (11.99%), Cholesterol: 247.82mg (82.61%), Sodium: 1511mg (65.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.64g (47.27%), Vitamin A: 3101.06IU (62.02%), Selenium: 32.58µg (46.55%), Calcium: 463.45mg (46.34%), Vitamin B2: 0.74mg (43.66%), Phosphorus: 397.11mg (39.71%), Vitamin B1: 0.53mg (35.29%), Folate: 106.16µg (26.54%), Vitamin B3: 4.57mg (22.83%), Manganese: 0.45mg (22.54%), Vitamin B12: 1.19µg (19.79%), Iron: 3.21mg (17.85%), Vitamin D: 2.62µg (17.46%), Zinc: 2.54mg (16.95%), Vitamin E: 2.18mg (14.56%), Magnesium: 53.37mg (13.34%), Potassium: 461.06mg (13.17%), Vitamin B6: 0.25mg (12.7%), Fiber: 2.65g (10.62%), Vitamin B5: 0.92mg (9.22%), Copper: 0.16mg (7.82%), Vitamin C: 6.37mg (7.72%), Vitamin K: 7.77µg (7.4%)