

Creamy Onion Soup

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



136 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 31.5 ounce condensed beef broth canned
- ☐ 21 ounce condensed chicken broth canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 8 servings ground pepper black to taste
- ☐ 2 tablespoons butter
- ☐ 3 pounds onions sliced
- ☐ 8 servings salt to taste

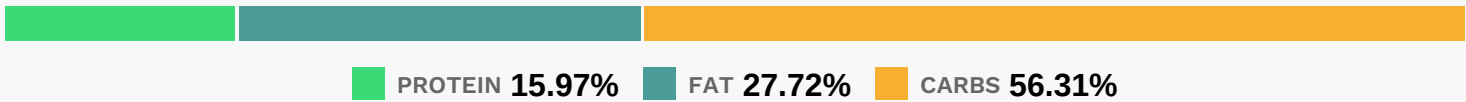
Equipment

☐ dutch oven

Directions

- ☐ Melt the butter or margarine in a large pot or Dutch oven.
- ☐ Add the onions, and cook over medium heat until the onions are translucent and tender.
- ☐ Stir in the flour. Blend in the broths and soup.
- ☐ Heat to boiling , then reduce to simmer. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:4.56, Inflammation Score:-7, Nutrition Score:6.8204348787017%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 34.53mg, Quercetin: 34.53mg, Quercetin: 34.53mg, Quercetin: 34.53mg

Nutrients (% of daily need)

Calories: 135.8kcal (6.79%), Fat: 4.33g (6.65%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 19.77g (6.59%), Net Carbohydrates: 16.72g (6.08%), Sugar: 7.54g (8.38%), Cholesterol: 3.39mg (1.13%), Sodium: 1195.09mg (51.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Manganese: 0.41mg (20.26%), Vitamin C: 12.59mg (15.27%), Fiber: 3.04g (12.18%), Vitamin B6: 0.23mg (11.6%), Potassium: 374.86mg (10.71%), Folate: 40.7µg (10.18%), Vitamin B2: 0.15mg (8.64%), Vitamin B3: 1.69mg (8.43%), Phosphorus: 80.85mg (8.09%), Vitamin B1: 0.12mg (7.93%), Copper: 0.16mg (7.89%), Magnesium: 23.35mg (5.84%), Iron: 0.96mg (5.36%), Calcium: 52.21mg (5.22%), Zinc: 0.78mg (5.17%), Selenium: 2.57µg (3.67%), Vitamin B5: 0.32mg (3.23%), Vitamin B12: 0.16µg (2.62%), Vitamin A: 130.63IU (2.61%), Vitamin E: 0.17mg (1.16%)